

Rye Valley



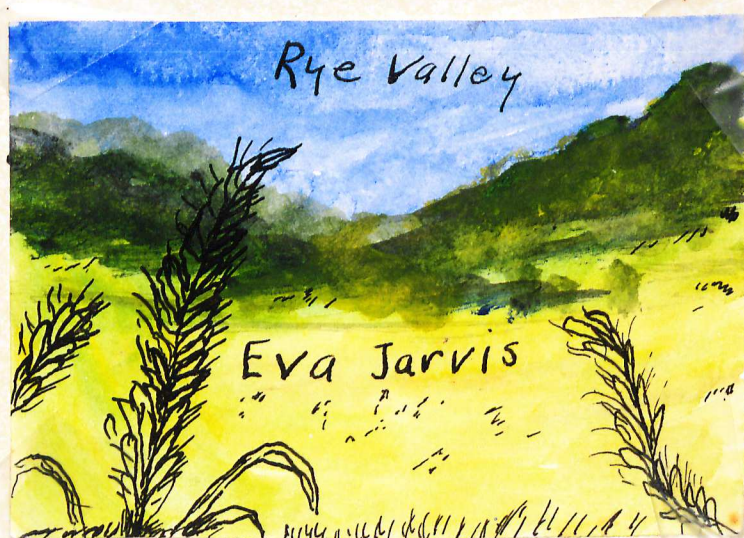
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1997



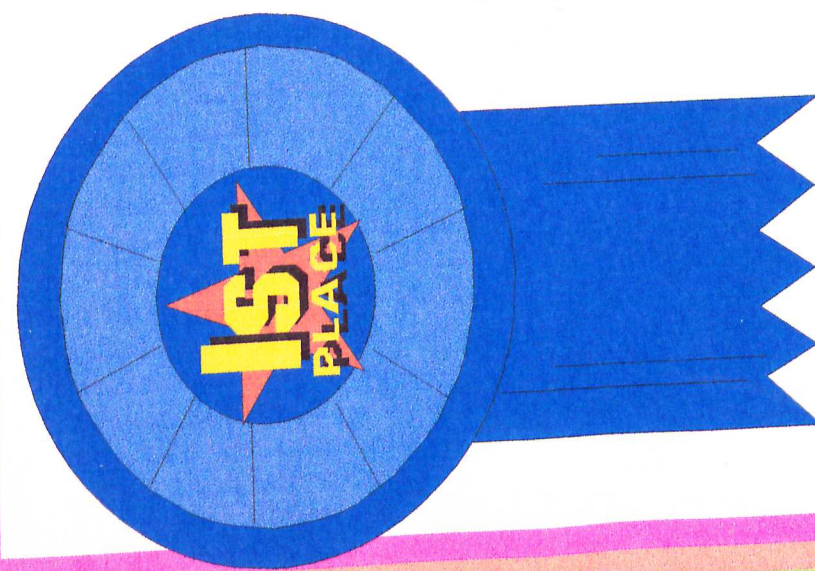
1997

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1st Place Scrapbook Award

RYE VALLEY JCE CLUB



12-7-96

Date

Gloria J Stewart
Area JCS Agent

SMYTH COUNTY EXTENSION HOMEMAKERS' ACHIEVEMENT PROGRAM

EBENEZER LUTHERAN CHURCH MARION

December 7, 1996

WELCOME.....Doris Smith
Rich Valley Club

INVOCATION.....Belle Hawthorne
Chilhowie Club

INTRODUCTION OF GUESTS.....Doris Smith

LUNCH

UPDATE ON FCS AGENTS' RESPONSIBILITIES
AND PROGRAMS.....Linda Childers
Area FCS Agent

.....Flo Stewart
Area FCS Agent

AWARDS:

Club ReportsClub Presidents

Forest Fantasy Report.....Martha Hatcher
Extension Secretary



Treva wins a door prize at one of
our Rye Valley meetings

Scrapbook Winners.....Doris Smith

Outstanding Club Member.....Donna Hamm
Smyth County 4-H Associate

Outstanding Club.....Donna Hamm

NOMINATING COMMITTEE REPORT.....Doris Blevins
Seven Mile Ford Club

INSTALLATION OF OFFICERS.....Linda Childers
Area FCS Agent

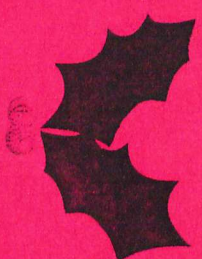
DOOR PRIZES.....Rosa Hayes
Adwolve Club

HOMEMAKER'S CREED.....Mildred McGhee
Seven Mile Ford Club

All clubs were Hostess Clubs this year!

Decorations are courtesy of:

Rosa Hayes and Dottie Hubble
Adwolve Club



Achievement Day
1996

HOMEMAKER'S CREED

As Homemakers, we will strive to:

Have our organization foster the highest ideals of home, church, school, and public life.

Have our homes reach out in service to the community and help unite the people.

Have cooperation and progress the leading forces in our communities.

Study the best ways to do everyday work that we may find joy in common tasks well done.

Be kind beyond the standards of charity; avoid thoughts and words that condemn; be more thoughtful than love requires; maintain the highest ideals of our heritage.



*From our HOME to
YOURS!*



Smyth County Extension Homemakers



Scrap Book
1997

Name: Neil Ross
Club: Rye Valley

HOW CAN WE HELP YOU?

Management Housing and Consumer Education

- We can help you plan your family spending
- We can help you develop skills necessary to cope with over extension of income
- We can help families involved in Welfare Reform
- We can help you develop skills to make housing decisions
- We can help you with questions related to home-based and micro-businesses

Family and Human Development

- We can work with single parent families and blended families to assure family stability
- We can work with the aging population to adapt to life style changes
- We can work with the "sandwich generation" families who are responsible for the care of both children and parents
- We can network with other agencies to train employees and individuals in child care and elder care
- We can work with other agencies to plan family programs

Nutrition and Wellness

- We can help you plan menus to improve health
- We can help home makers serve safe, sanitary food
- We can answer your questions to assure safe food in the food service establishment
- We can teach expectant mothers ways to improve the health of their baby
- We can network with health maintenance agencies to provide nutrition education

FOR ALL THOSE BORN BEFORE 1945

WE ARE SURVIVORS!!!! Consider the changes we have witnessed:

We were born before television, before penicillin, before polio shots, frozen foods, Xerox, plastic, contact lenses, and the PILL.

We were before radar, credit cards, split atoms, laser beams and ballpoint pens; before pantyhose, dishwashers, dryers, electric blankets, air conditions, drip-dry clothes--and before man walked on the moon.

We got married first and then lived together. How quaint can you be?

In our time, closets were for clothes, not for "coming out of." Bunnies were small rabbits and rabbits Volkswagens. Designer Jeans were scheming girls named Jean or Jeanne, and having a meaningful relations getting along well with our cousins.

We thought fast food was what you ate during Lent, and Outer Space was the back of the Riviera Theater.

We were before house-husbands, gay rights, computer dating, dual careers and commuter marriages. We were before day-care centers, group therapy and nursing homes. We never heard of FM radio, tape decks, electric typewriters, hearts, word processors, yogurt, and guys wearing earrings. For us, time-sharing meant togetherness--not condominiums; a 'chip' meant a piece of wood; hardware meant hardware; and software wasn't even a word.

In 1940, "made in Japan" meant junk and the term "making out" referred to how you did on your exam. Piz Donalds" and instant coffee were unheard of.

We hit the scene when there were 5 and 10-cent stores, where you bought things for five and ten cents. Wilsons sold ice cream cones for a nickel or a dime. For one nickel you could ride a street car, make a phone call, buy a Pepsi or enough stamps to mail one letter and two postcards. You could buy a new Chevy Coupe for \$600.00 or a new house; a pity too, because gas was 11 cent a gallon!

In our day, cigarette smoking was fashionable, GRASS was mowed, COKE was a cold drink and POT was something you cooked in. ROCK MUSIC was a Grandma's lullaby and AIDS were helpers in the Principal's Office.

We were certainly not before the difference between the sexes was discovered, but we were surely before the sex wars. We made do with what we had. And we were the last generation that was so dumb as to think you needed a license to have a baby!

No wonder we are so confused and there is such a generation gap today!

BUT WE SURVIVED!!! What better reason to celebrate?

HOMEMAKER'S CREED

As Homemakers we will strive to:

Have our organizations foster the highest ideas of home, church, school and public life.

Have our homes reach out in services to the community and help unite the people.

Have cooperation and progress the leading forces in our communities.

Study the best ways to do everyday work that we may find joy in common tasks well done.

Be kind beyond the standards of charity, avoid thoughts and words that condemn; be more thoughtful than love requires; maintain the highest levels of our heritage.

Homemaker's Prayer

We thank Thee for Thy great understanding love. As homemakers our responsibilities are many. We seek Thy guidance as we go about our tasks in serving our families and communities. As we share our words and deeds, may they be acceptable and pleasing to Thee.

EXTENSION HOMEMAKERS CLUB

The Extension Homemakers Club is a community or neighborhood organization with elected officers. Club usually meets once a month. It is the aim to have such a club within the reach of every homemaker. Anyone is eligible for membership regardless of race, creed, color, sex, age, or national origin. The program of Extension Homemaker Clubs officer persons an opportunity to give as well as receive. The club becomes a part of the community. It carries on a continuous educational program and works with other organizations for community betterment under the leadership of the Extension Office.

OUR AIM IS TO MAKE EVERY HOME . . .

Economically Sound, Mechanically Convenient, Physically Healthful, Morally Stimulating, Socially Responsible, Spiritually Inspiring, and Founded upon Mutual Affection and Respect.

VOLUNTEER WORK

Extension Homemakers work in health and charitable drives such as: March of Dimes, Heart Fund, Sickle Cell Anemia, Red Cross, Cancer Crusade, Southwestern State Hospital, Bloodmobile, County Historical Foundation, County Fairs and Festivals, and Animal Welfare.

SMYTH COUNTY EXTENSION CLUBS

Meeting Times and Presidents

Adwolfe Club..... *Dot Hubble, President*
 1st Tuesday, 7p.m. Rt3 Box 280, Marion, Va
 783-6492

Chilhowie Club..... *Geraldine Crusenberry*
 1st Tuesday, 7 p.m. P.O. Box 1342, Chilhowie, Va
 496-5029

Cleghorn Club..... *Doris Riley, President*
 2nd Thursday, 7:30p.m. Rt 1 Box 149-A, Chilhowie, Va
 646-

Marion Club..... *Ethel Bivens, President*
 1st Thursday, 1 p.m. 632 Dover St., Marion, Va.
 782- 7979

Rich Valley Club..... *Doris Smith, President*
 3rd Tuesday, 12 noon Rt 3 Box 298, Saltville, Va
 624-3398

Rye Valley Club..... *Eva Jarvis, President*
 2nd Wednesday, 10a.m. P.O. Box 3, Sugar Grove, Va
 677-3244

Seven Mile Ford..... *Doris Blevins, President*
 3rd Wednesday, 10a.m Rt2 Box 109 DeerField Ln.
 Marion, Va
 646-8122



Our Emblem

The emblem is composed of three concentric circles which typify the home, the state, and the nation.

The hearth fire in the center symbolizes the home and expresses the spirit of the finer attributes of the home, such as fellowship, hospitality, comfort, peace, and protection.

The oak leaf symbolizes the strength of the home; the lamp of knowledge, the wisdom with which a home and family must be created; the wheat, productivity and richness of family and community life.

Around these symbols are the words: "Home, Family, Community" with "Cooperative Extension Service" in the outer circle--designing the cooperation of the country, state, and nation in the Extension Program.

From Handbook
 National Home Demonstration
 Agents Association

Club Motto

What kind of club would my club be if every member were just like me?

Intention + Action = Achievement





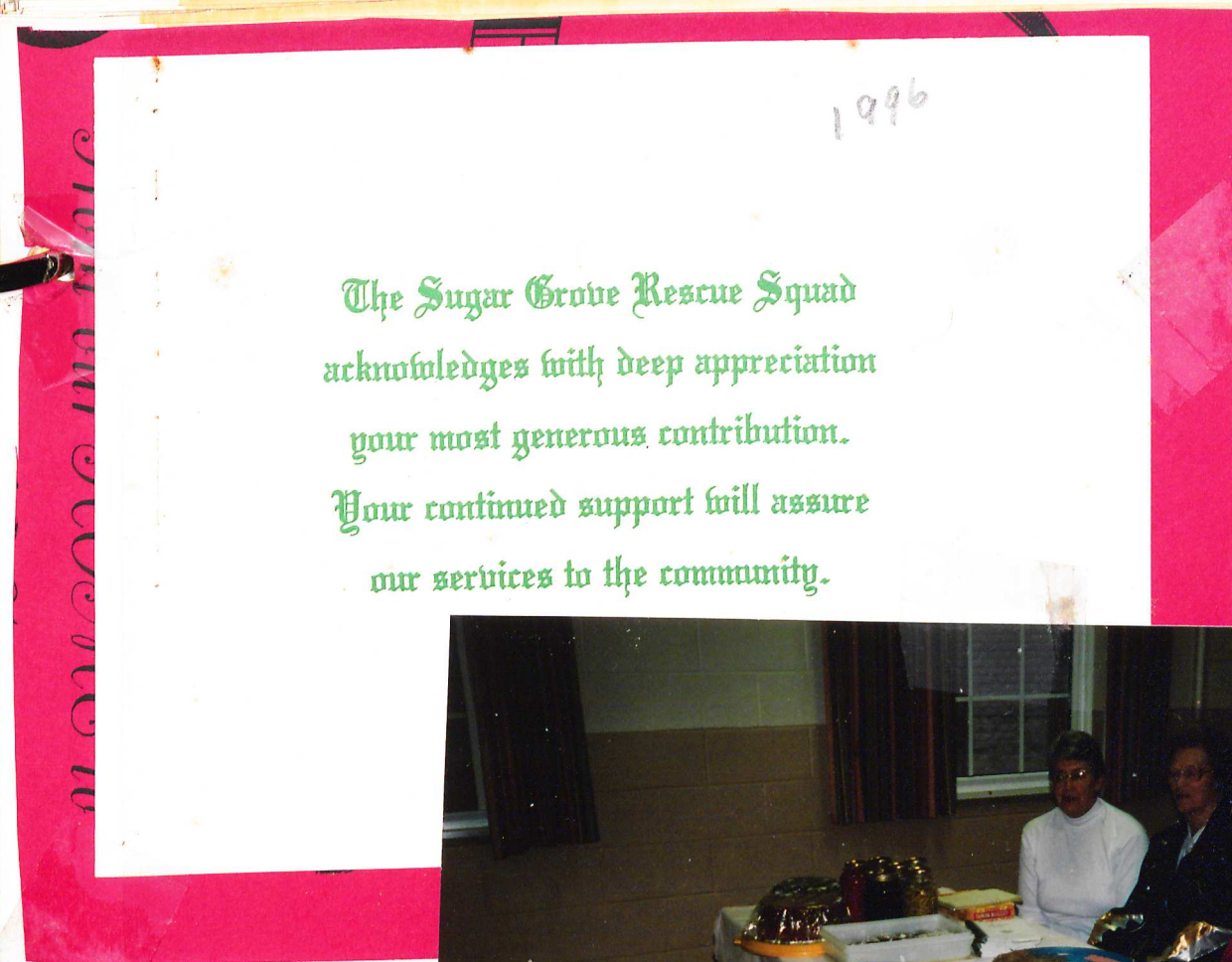


Peggy
Polly
Neil

Achievement
Day
1996



Peggy
Polly
Neil
Mary Jo



1996

The Sugar Grove Rescue Squad
acknowledges with deep appreciation
your most generous contribution.
Your continued support will assure
our services to the community.

Forest Park



Christmas Dinner



**Individual Extension Homemakers
Club Officers and Leaders**

President: Eva Jarvis

Vice-President: Polly Ernst

Secretary: Thelma

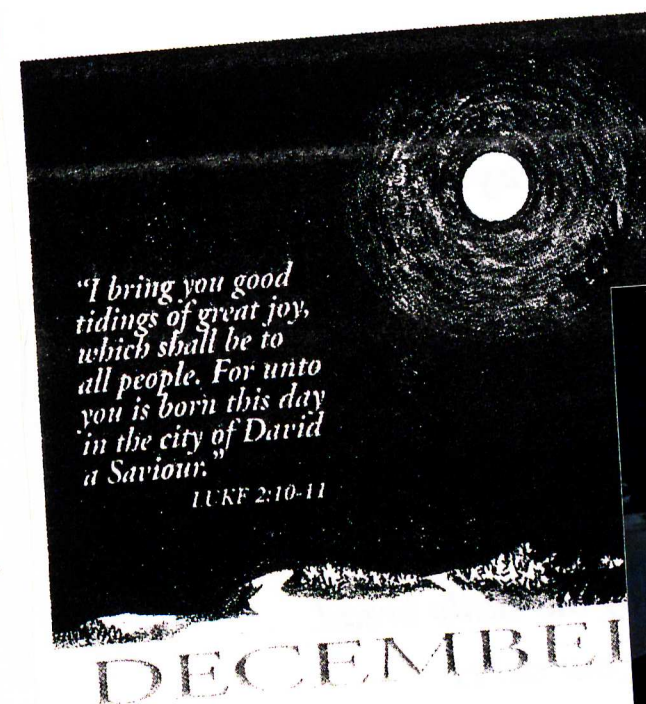
Treasurer: Mary Jane

Membership Chairman: Mary Jane

Devotional Leader: Nell Ross

Telephone Chairman: Polly Ernst

Season's Greetings



NOTES

Christmas
Lunch



Hostess: club

Devotions: Nell Ross

Leader: Eva Jarvis

Business: Discussed some programs for next year

Roll Call

Treasures Report: Contributions Made

Program: Discussion Community Christmas Programs
club choice - lunch - pot luck

Hint: Ouch! I always burn myself lighting candles.
Simply use a piece of spaghetti to light candles.



E. H. C. Meeting - December 11, 1996

page 1

10:00 AM Handouts from achievement day (Dec 2, 1996) pictures were passed to group for discussion

10:20 AM Meeting called to order by Eva Jarvis, President. She requested each member to submit a list of possible programs for coming year to be presented to Council. (One meeting to be a social meeting). Devotionals given by Nell Ross - "Quiet before the storm" from Jeremiah 29: 13-14

~~Members~~ Hornemak's Prayer / Hornemak's Prayer was recited by group.

Members Present were:

Eva Jarvis	Peggy Jarvis
Nell Ross	Helin Long
Mary Jane Blankenhack	Elta Mae Medley
Shelma Hawthorne	Polly Ernst
Joy Scott	Ireva Jarvis
Genevieve Bowen	Mary Joe Benge
Roberta Hayton	

Peggy Jarvis - alternate
Shelma Hawthorne - delegate

Elected to Ry
Rye Valley Cl
Community Council

Secretary read minutes from last meeting
Treasurer's Report given by Mary Jane Blanken
checkbook balance \$108.00

Motion made by Joy Scott, seconded by Eva
that all donations and expenditures of club

June
Achievement Day Dec 7, 1996
Welcome given - Donna Hammon
Invocation - Belle Hawthorne
Lunch
Music - Doris Blevins - ^{on organ} all last year
32 present
Scrapbook - 1st Place - Rye Valley
2nd place - Mile Ford Club.

OK club member - Ruth Dishner (1)
Marie Rouse (2)

OK club - Marion Club - Ethel Bur

Sec } Belle Hawthorne
Treas }
Pres - Doris Smith
V Pres - Geraldine Johnson

2004 prize

Rye Valley Contribution won by
Donna Hammon.

Polly Ernest Mary Joe Long
Eva Jarvis Reggy Jarvis
Darlene Ernest
Neil Ross

Items for Nursing Home
Covered Coat Hangers
Small Fruit Baskets
Small pillows
Stuffed animals
Scarves
Bedside / wheel chair Caddies
Body Lotion
Denture cleaner
Kleenex
Large Print Books
Handkerchiefs
Lined Writing Pads
Greeting Cards
Costume jewelry
Aftershave Lotion
puzzles with few large pieces
slipper soy - non skid

Meeting Adjourned by Eva J. J. J.
Program on Lap Quilting presented by
Nell Ross. Demonstration on putting
together "Windmill" Quilt as lap robe
Patterns distributed to each member

B6 Smyth County News & Messenger • Saturday, December 7, 1996

The story behind Virginia's beautiful Christmas trees

When you see a fresh, beautiful Virginia Christmas tree all decked out with lights, roping, ornaments and tinsel, the last thought on your mind is how this tree was produced. Now, as the holiday season gets underway, is a good time to find out.

Usually Christmas trees begin life in a nursery where superior seed is planted and grown to two-year old seedlings. New seedlings are planted each year as mature trees are harvested, making Christmas trees one of our most renewable resources. In Virginia, approximately two million Christmas tree seedlings are planted annually.

The seedlings are taken from the nursery beds and replanted in Christmas tree farms. Many are transplanted into beds for another

a farm for the final years of development.

In Virginia, Christmas trees cover more than 25,000 acres. They are often planted on barren slopes or under power lines where no other crops will grow. During their growing years, Christmas trees provide many environmental benefits. They replenish the oxygen supply, increase soil stability, provide an excellent wildlife habitat and an attractive improvement to the land.

An important part of the growing process occurs every July when the young trees are shaped or pruned. By holding back rapid upward growth, the grower can encourage the tree to branch more quickly and gradually achieve the full bushy appearance people prefer. Uneven development may also be corrected

by the shearing or pruning process. During the 6 to 12 years a Christmas tree is growing into a well-shaped 6 to 8 foot tree, it faces many hazards. Trees can suffer from too little or too much sun or rain; destruction by rodents, insects, disease, hail or fire; overgrowth by brush, vines and weeds; or even tree-snatching out of the field by Christmas tree thieves.

At harvest time, wholesale growers select finished trees by placing tags on them. The tagged trees are cut, bundled and taken to hundreds of retail lots throughout Virginia to provide the freshest, longest-lasting trees possible. The only ones that are fresher are the ones you cut yourself at "choose and cut" farms. Be sure you are getting a locally grown Virginia tree. Trees that come

from out of state may be harvested as early as September or October.

Another way to identify an excellent Virginia grown Christmas tree is to look for the Virginia's Finest trademark. Trees identified with this distinctive trademark must be grown in Virginia and must meet quality standards.

The Virginia Department of Agriculture and Consumer Services publishes a free guide to "choose and cut" Christmas tree farms in Virginia. The guide and the 1996 addendum are available by sending your request to Guides, Virginia Department of Agriculture and Consumer Services, P.O. Box 1163, Richmond, VA 23218.

—Virginia Department of Agriculture and Consumer Services

Holiday debt blues

Merchants at Christmas hope that buyers will spend, spend, spend, and sometimes buyers, caught up in the spirit of the season, forget they will have to pay, pay, pay.

"It usually takes the average person about six to eight months to pay their bills from the previous Christmas," said Connie Kratzer, family finance specialist with Virginia Cooperative Extension at Virginia Tech.

Kratzer stressed the importance of budgeting after Christmas and maintaining that budget

during the entire year. She said making lists and writing down all expenses, including Automatic Teller Machine (ATM) withdrawals, is essential to sound financial planning.

"Very few people write down their ATM withdrawals," she said. "It's easy to take out \$20, but it's usually gone quickly and the person has nothing to show for it."

Kratzer also offered a few helpful hints on paying off the credit card debt for Christmas gifts, while keeping yourself afloat and able to pay other bills.

"Always pay rent or house payment and utilities first," she said. "Then, as the credit card bills come in, make a list of what you owe and how much."

After making the list, she suggested determining which credit cards charge the most interest. Pay

the most money to the credit card with the highest interest rate to avoid those higher fees, then pay as much as you can afford on the others.

Kratzer suggested other ways to save and generate additional money. Making small sacrifices like postponing a purchase or taking your lunch to work for two or three months can help. If things are really tight, you might consider a part-time job for added income.

If your finances are so bad that you cannot pay your bills, there are other alternatives, such as contacting your creditor or working through a credit service such as Consumer Credit Counseling (CCCS). Extension offices throughout the state offer free financial counseling.

"Bankruptcy should be considered only when all other alternatives have been tried," Kratzer warned.

"The best thing to do," she said, "is get an early start on shopping. The earlier you start the less likely you are to overspend."

She said to investigate layaway plans at various department stores, and use it only if the stores do not charge a fee for this service. This gives you more time to pay for an item and permits you to buy popular items, such as toys, early before they are all sold out.

—Virginia Tech Extension Service

Fond memories of

By GLENNA ELLEDGE/Staff

Seventy years ago, shopping malls were unheard of and the Sears Roebuck catalogue was mostly used in out-door johns. Plastic credit cards would not come along until almost forty years later. How, then, did people manage Christmas?

Life was more simple back then. People either paid cash, bartered something in exchange, or traded goods and services. There was no such thing as a last minute rush to complete Christmas shopping. Preparations for Christmas began with the new year, and continued throughout the year. The only rush occurred in the kitchen on Christmas morning.

In the 1920s, 79-year-old Tom Sawyers was a young boy growing up on Fairground Hill. He remembers his father going deep into the nearby forest each Christmas to find the perfect tree. Tom remembers the excitement generated, and the aroma of the freshly cut pine tree, when his father finally emerged from the forest, dragging the tree behind him. Memory always adds a thick blanket of snow to this scene.

Each year, Tom's father stood the tree up to display it for the family's evaluation. "Lovely," "Just perfect," and "More perfect than last year's," were among the comments. After passing inspection and receiving glowing comments, the tree was taken into the house where the family as a unit began the yearly ritual of decorating the tree. Popcorn that had been grown during the summer months was popped. Red and white garlands were made for the tree by stringing together a red cranberry and a kernel of popped corn, one after the other. Making the cranberries and the pop corn come out even was a challenge; when no one was looking, everyone kept popping a popped kernel into their mouth. Of course everyone knew what was going on, the fun was in trying not to get caught, and a lot of laughter was shared each time someone was. Besides, there was plenty of popcorn still waiting to be popped.

In his story about a boy growing up in the "Twenties," Sawyers explains that

the family Christmas tree was decorated with these red and white garlands, with silver tinsel, and a few shiny ornaments.

"Placing the star at the top of the tree was always my father's job," Sawyers wrote. "He would cut the star out of a piece of cardboard, and then use a paste made of flour and water to cover the star with tinfoil retrieved from discarded packs of cigarettes. He seemed to have a talent for creating lopsided stars."

Today, the lopsided stars are a part of the beautiful memories from years ago.

In addition to the Christmas tree, there were other holiday decorations. "The children would hang their long, black stockings from the mantle," Sawyers wrote. "On Christmas morning the stockings were always filled with candy, nuts, an orange, and apples (most of which had been harvested from the family farm earlier in the year and preserved for just this time in root cellars or underground pantries — the orange was a special Christmas treat more than likely purchased at the Sydney Copenhaver store which was located at the bottom of Fairground Hill)."

Underneath the tree would be the gifts from Santa; rag dolls

mother created in January and February, or after the harvesting was completed in the fall, but before hog-killing time with the arrival of freezing temperatures. Occasionally, there would be a doll with a store-bought, plaster-of-paris face; mother added the rest of the body, and sewed the small stitches that created dreamy outfits and accessories for these beloved play companions. There were homemade skip ropes. Father had whittled out the wooden handles to a smoothness that was safe for young, tender hands. If the year had been a good and productive one, the girls might receive a store-bought set

of jack rocks. The clothing that mother sewed, and the new pair of shoes that father had made were sure to be found in some of the packages wrapped in the thin paper tissue that had a holly leaf and berries design.

For the boys there were wooden toys. During the brief periods of time when business or farming did not demand all his attention, father would go into the nearby woods, select the right wood for the toy he had in mind, and bring numerous pieces of that wood home. Throughout the year, the boys would see him whittling when he was not otherwise occupied. Amazingly, memories are always of father whittling away on a stick of wood; somehow a vision of Dad as those sticks of wood began to take shape and form was never captured.

Sawyers vividly remembers, however, the wooden toys that appeared under the

Christmas tree for the boys, including trains that really rolled. There would be tin toys, drums, and marbles. When the marbles were cat-eyes, or contained a steely of just the right size, they were especially cherished. This was because sandlot baseball or

shooting marbles was the most popular recreation back in those days for boys when they were not busy doing chores and helping work the farm. Many a boy chanced the wrath of his father, when he slipped away before completing his chores to get in on a good shooting game.

"We played mostly for keeps," Sawyers wrote. "That is why I never had many marbles in my pocket. Tip Kirby was one of the better shooters (and it is a safe bet that Kirby possessed a coveted steely of just the right size). Our knuckles became cracked and sore from the constant contact with the ground, but we loved the challenge of this sport."

On Christmas morning the stockings were always filled with candy, nuts, an orange, and apples -- most of which had been harvested from the family farm earlier in the year and preserved for just this time in root cellars

Christmas past

Shooting marbles is the reason that the pockets and knees were the first to wear out on a boy's bibbed overalls. Spotting the champions was easy; their pockets always bulged with marbles, and once one pocket wore completely through, the knobby bulge that spelled marbles now appeared in the pocket that was still good.

Another tell-tale sign of a dedicated marble shooter was the grass stains that appeared around the worn spot on the knees.

Once grown, such shooters could safely say without challenge that they had spent more time on their knees than most devoted Christian women.

A cat-eye marble was thought to bring a shooter good luck, and for those that owned a steely, playing for keeps was like taking candy from a baby. When a fellow could not take another's steely or cat-eye in a shooting game, he resorted to trading or bartering. Many a real treasurer has been traded for a steely, and many a boy has gone to sleep at night dreaming of how he was going to go about talking another boy out of his steely.

Many a boy spent Christmas night sitting before the fireplace admiring the way the coals and flames of the fire made the veins of color that ran through the marbles change. If the marbles were cat-eyes, the boys would put each marble up to an eye while facing the fireplace to view the changes made in the waves of color that streaked through the small, clear ball. But if the bag contained a steely or two, a boy would go to bed early and lay there rolling the steelies back and forth across the sheet, while dreaming that it would soon be his pocket that bulged with the most marbles.

Because money was scarce 70 years ago, people who owned land and grew or raised most of what they used, consid-

ered themselves to be poor. Raising turkeys, chickens, ducks, hogs, beef cattle, and sheep were income producing activities. Chicken and dumplings might be the fare for Thanksgiving, but a salt-cured ham would grace the family table

on Christmas Day. Cakes, pies, and homemade candies finished off the festive meal.

"Back then, nothing was wasted," Sawyer said.

He is right, nothing was. Feathers from the chickens and ducks were used to stuff the

ticking that made bed pillows. Back then, on Christmas night, a boy did not go to sleep on a Serta-soft mattress. Instead, he climbed into bed and went to sleep on ticking filled with new straw, under heavy blankets that were often made of wool. Even when the fires died down and on the coldest nights, a fellow stayed cozy and warm in such a bed. It was the crawling out the next morning in a house where there was no glowing fire that was the hard part.

If the weather had been cold enough before Christmas, and the family's meat for the coming year had all been worked up, the day after Christmas (when there was no farm work calling, or wood for the cooking range and fireplaces to be gathered in) was the day preparations for the next Christmas began. Come spring, there would be no chance for such activities until the harvest could be reaped in the late fall.

The same as today, however, boys and girls growing up those many years ago still went to bed on Christmas Eve, dreaming visions of the presents and good eats that tomorrow would bring. The same as today, they went to bed determined this year to stay awake and catch Santa Claus as he came sliding down the chimney. The same as today, it was something they never quite managed to achieve. □

The same as today, however, boys and girls growing up those many years ago still went to bed on Christmas Eve, dreaming visions of the presents and good eats that tomorrow would bring.



JANUARY

Hostess: _____

Devotions: Nell Ross

Leader: Nell Ross

Business: Year-end audit discussed

Roll Call

Treasures Report: _____

Program: Quilting

NOTES

Planned documentation
of financial reports
Needed better
bookkeeping & reports
Nursing-home
girls planned

Virginia's too good to waste

RECYCLE!

 Virginia Department of Waste Management

ANN LANDERS

Resolve to read this today

DEAR READERS: If some lines in today's column sound vaguely familiar, you have a good memory. They appeared in this space last year. Not much about New Year's Day has changed, so thank you for allowing me to loaf a little.

Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time.

Call up a forgotten friend. Drop an old grudge, and replace it with some pleasant memories. Share a funny story with someone whose spirits are dragging. A good laugh can be very good medicine.

Vow not to make a promise you don't think you can keep. Pay a debt. Give a soft answer. Free yourself of envy and malice. Encourage some youth to do his or her best. Share your experience, and offer support. Young people need role models.

Make a genuine effort to stay in closer touch with family and good friends. Resolve to stop magnifying small problems and shooting from the lip. Words that you have to eat can be hard to digest.

Find the time to be kind and thoughtful. All of us have the same allotment: 24 hours a day. Give a

compliment. It might give someone a badly needed lift.

Think things through. Forgive an injustice. Listen more. Be kind.

Apologize when you realize you are wrong. An apology never diminishes a person. It elevates him. Don't blow your own horn. If you've done something praiseworthy, someone will notice eventually.

Try to understand a point of view that is different from your own. Few things are 100 percent one way or another. Examine the demands you make on others.

Lighten up. When you feel like blowing your top, ask yourself, "Will it matter a week from today?" Laugh the loudest when the joke is on you.

The sure way to have a friend is to be one. We are all connected by our humanity, and we need each other. Avoid malcontents and pessimists. They drag you down and contribute nothing.

Don't discourage a beginner from trying something risky. Nothing ventured means nothing gained. Be optimistic. The can-do spirit is the fuel that makes things go.

Go to war against animosity and complacency. Express your gratitude. Give credit when it's due -- and

even when it isn't. It will make you look good.

Read something uplifting. Deep-six the trash. You wouldn't eat garbage, why put it in your head? Don't abandon your old-fashioned principles. They never go out of style. When courage is needed, ask yourself, "If not me, who? If not now, when?"

Take better care of yourself. Remember, you're all you've got. Pass up that second helping. You really don't need it. Vow to eat more sensibly. You'll feel better and look better, too.

Don't put up with secondhand smoke. Nobody has the right to pollute your air or give you cancer. If someone says, "This is a free country," remind him or her that the country may be free but no person is free if he has a habit he can't control.

Return those books you borrowed. Reschedule that missed dental appointment. Clean out your closet. Take those photos out of the drawer and put them in an album. If you see litter on the sidewalk, pick it up instead of walking over it.

Give yourself a reality check. Phoniness is transparent, and it is tiresome. Take pleasure in the beauty and the wonders of nature. A flower is God's miracle.

Walk tall, and smile more. You'll look 10 years younger. Don't be afraid to say, "I love you." Say it again. They are the sweetest words in the world. If you have love in your life, it can be the best year ever.

Creators Syndicate

Calhoun

Carey Evans Calhoun, age 35, of Bristol, Tenn., formerly of Sugar Grove, died Wednesday, Jan. 1, 1997, in Johnson City Medical Center from injuries received in an automobile accident in Elizabethton, Tenn. She was preceded in death by her father, Harold K. Calhoun, Sugar Grove and Bartow, W. Va.

She was a graduate of Emory & Henry College and was employed by HFS Inc. in Elizabethton.

Survivors include her mother, Marguerite R. "Meg" Calhoun, Bluff City, Tenn.; three sisters, Ann B. Jones, Bluff City, Tenn., Pamela Hannam, Arlington, and Pat Samuels, Columbia, Mo.; one brother, Peter S. Barrow, Silver Spring, Md.

Funeral services and burial were held in Arbovale, W. Va.

Memorial donations may be sent to No-Kill Cat Shelter, 26474 Honey Locust Road, Abingdon, VA 24211.

Oakley-Cook Funeral Home in Bristol was in charge of local arrangements. □

Monday, January 13, 1997

Bristol Herald Courier/Virginia-Tennessean

Christmas bills ring loud and clear, so many to credit counseling agencies

By JIM COX
Business Writer

If Christmas is the party, January is the morning after.

January, that month of bone-shivering temperatures and the arrival of W-2 and Internal Revenue Service forms, is also the month when the Christmas bills begin to make an appearance and many people find out just how deeply they've gotten into debt.

"The average client we see is one year's income in debt," said Lori Naylor, a certified financial planner with Christian Credit Counselors, a non-profit credit counseling agency which sees a spike in business this time of year. "I've seen some who are a lot worse off than that. And these are just unsecured debts, the credit cards, that are not backed by assets, i.e. a home or car."

Naylor said business definitely picks up this time of year and remains steady for about three months, but Virginia Garretson, president of Consumer Credit Counselors, said Americans have gotten so deeply in debt that business is steady year-round.

"Generally after Christmas we'll see an increase when the bills start coming in, but with the increase in the debt load the American public has taken on, business is pretty steady," Garretson said. "It used to be there were peaks and valleys and it would pick up after Christmas, then decline after the tax returns come in, then pick up again in September when the kids go back to school ... but the last few years we have been steady in the number of clients we see throughout the year. The holidays don't make much of a difference."

Both organizations are non-profit and do not charge for their services. Naylor and Garretson agree that when a client comes in, the first thing to do is sit



Herald Courier/illustration

When the Christmas bills come pouring in, credit counseling agencies see a surge in business.

down and look at expenses versus income.

"We try to project a budget that is reasonable for them. We help them figure how much they spend on everything from gas, groceries, gifts, pets, look at all their debts separately. We also look at balances and interest rates," Naylor said.

"You'd be surprised how many people who really don't know what their expenses are," Garretson said. "They don't consider heating oil a part of their expenses until it comes due three months later. If they'd put that

money aside, it would be there when it comes due. But they don't do that, and then they have to go out and charge it.

"When you don't have a budget, don't have a written plan, it's like having a \$20 bill in your pocket. Once you break it, it's gone," Garretson continued. "You don't remember how you spent it."

In addition to helping clients put together a budget plan, credit counseling agencies can sometimes negotiate a reduced payment schedule with the creditors.

"Particularly with credit cards, in most situations we've already

negotiated with clients, and work out reduced payments. In interest is payments principal.

"Most and our sional pe ing to he their fee they're g ing agen serious a their feet

There be negoti student I to the IR not try to self reduc

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For the getting in offer this planning for Chris

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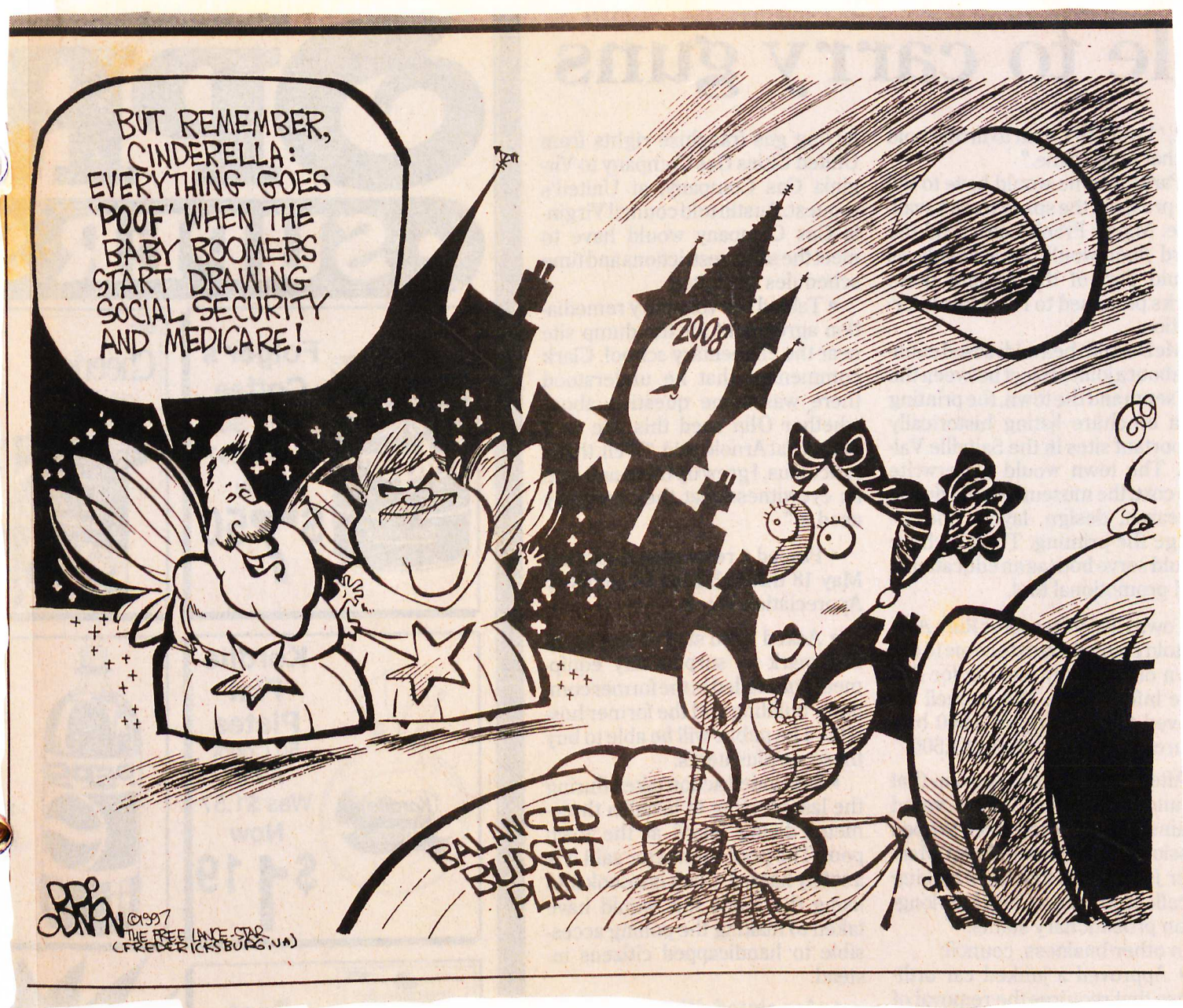
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It may for a clien nances, cl said fami getting ou

"We've I were suici marriages services to gether," sl

Time



How to
quilt on
hoops.

Well

Microwave those dishcloths

To keep your kitchen a little safer, "cook" your dishcloth in microwave oven for 60 seconds to eliminate the disease-causing microorganisms that are probably on it.

This is advice from Virginia Cooperative Extension Food Scientist, Paul Graham, associate professor of food science and technology at Virginia Tech.

"It is easy to forget that there are many microorganisms on the dishcloth or sponge. Many a cook continues to wipe up spills and messes while fixing dinner," said Graham.

But wiping with a dishcloth or sponge can spread germs according to the best available science.

A study in Food and Environmental Sanitation reported that *Salmonella* species were identified in 15 percent of the dishcloths and almost 14 percent of the cellulose sponges found in homes. *Staphylococcus aureus* was present in 18 percent of the dishcloths and in 20 percent of the cellulose sponges. Both of these microorganisms can cause illnesses with symptoms of vomiting, diarrhea, and abdominal

cramps.

But the process of putting the dishcloth or cellulose sponge in the microwave oven and "cooking" it for 60 seconds sanitizes it. According to researchers also writing for Food and Environmental Sanitation's March issue, it is an efficient method that can be used at home making it a little safer around the kitchen.

—Virginia Tech Extension Service




Sonnet for a Quiet Moment

By ANDERSON M. SCRUGGS

Where are they now,—the friends that I have known
In joy and grief,—the rebel minds of youth,
Agile as thistles down a roadway blown,
Seeking with starry talk to glimpse the truth
Behind the universe? Where are they now,—
The vibrant hearts that lighted every way
With reckless laughter? Did they find, somehow,
The dreams they followed in that distant day?

Now that the sobering years have worked their will,
Have they grown wise and prudent, even as I,
Thinking perhaps of some remembered hill
Where words grew deeper with the darkening sky,—
Longing to know again, ere time is done,
The bright insanities of twenty-one?




Rosemary

Hostess: _____

Devotions: Nell

Leader: _____

Business: Financial Report

Roll Call

Treasures Report: _____

Program: cut quilt squares

Hint: Want a tip to make those screws screw in easier? Try pushing your screw into a bar of soap first, before inserting.

Lawyer declares Tuggle's curse to be a hoax

By MIKE GANGLOFF/Staff

A letter mailed to the Southwest Virginia Enterprise five days after convicted murderer Lem Tuggle's execution purports to carry his curse on police officers, politicians and judges.

But the lawyer who represented Tuggle during his years of appeals says he doubts that Tuggle really wrote the letter.

"I think it's probably fake," Richmond attorney Tim Kaine said Friday. "I feel certain it's not Lem."

Apparently a blue-ink carbon copy of a type-written letter, the message arrived in an envelope with a Richmond postmark of Dec. 17. It was addressed to "Editor of News Paper, Southwest Virginia Department of Corrections stamp on the back."

Tuggle was executed Dec. 12 in the Greensville Correctional Center in

Jarrat. He was sentenced to die for the 1983 rape and murder of a Smyth County woman.

The message inside the envelope is addressed only to "Newspapers," and sends Tuggle's holiday greetings to "all you poor Working & Women behind Bars" and to "all you solid convicts."

But the remainder of the letter pronounces Tuggle's curse to "Virginias (sic) Boys in Blue," "A Virginia judge or police officer on every December beand (sic) this Christmas Day," the letter says.

"This is my Christmas curse to you. Merry [expletive] Christmas," it concludes.

There is no signature on the letter, just a "By Lem D. Tuggle, Dec. 1996" at the bottom of the page.

Officers at the Greensville Correctional Center said they had no way to verify if the letter really came

from Tuggle.

Kaine said he doesn't believe the letter is real because it doesn't read like something Tuggle would have written. For one thing, phrases like "Virginia's boys in blue" and "poor working folks" aren't ones he thinks Tuggle would have chosen. And Tuggle wrote all his letters by hand and didn't own a typewriter, Kaine said.

And since Tuggle generally dis-trusted reporters and complained of being misquoted in one of the final interviews he granted, Kaine thinks it's unlikely he'd arrange to posthumously contact a newspaper — especially one with as little connection to him as the Enterprise.

The Smyth County News & Messenger, the Enterprise's sister paper, carried more articles about Tuggle and sent a reporter to witness his execution but did not receive a letter.

Finally, Kaine said, he thought the expletive at the end of the letter was uncharacteristic. In the eight years that he was part of Tuggle's defense team, he said, he never heard him utter profanity.

To me, it seems completely impossible that he would do something like this without mentioning it to me," Kaine said. □

Dear Prize
Polly Won February



Time



"And ye shall seek me, and find me,
when ye shall search for me with
all your heart." JEREMIAH 29:13



MARCH

Hostess: _____

Devotions: Nell

Leader: Roberta

Business: _____

Roll Call

Treasures Report: _____

Program: Modify Recipes

Hint: Where can I store all my blankets in this small apartment? Lay the blankets out smoothly between the mattress and springs of your bed.

Gardener's Pizza With Cornmeal Crust

Prep Time: 20 minutes (Ready in 50 minutes)

Crust

- 1 1/4 cups flour
- 3/4 cup Martha White® Plain White Cornmeal
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2/3 cup milk
- 1/4 cup oil

Topping

- 1 (8-oz.) can pizza sauce
- 1 medium green bell pepper, cut into thin rings
- 1 medium onion, thinly sliced, separated into rings
- 1 medium zucchini, thinly sliced
- 8 oz. (2 cups) shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese

Directions

1. Heat oven to 425°F. Grease 14-inch pizza pan or 15x10x1-inch pan. In medium bowl, combine flour, cornmeal, baking powder and salt; mix well. Add milk and oil; stir until mixture forms a ball. Let stand 3 minutes. With floured fingers, press dough into pan, shaping edge to form rim.
2. Bake at 425°F. for 11 to 15 minutes or until edges are very light golden brown.
3. Spread pizza sauce evenly over partially baked crust. Top with vegetables and cheeses.
4. Bake an additional 15 to 20 minutes or until cheese is melted and edges are golden brown.

6 servings

Barbecued Beef And Cornbread Casserole

Prep Time: 15 minutes (Ready in 55 minutes)

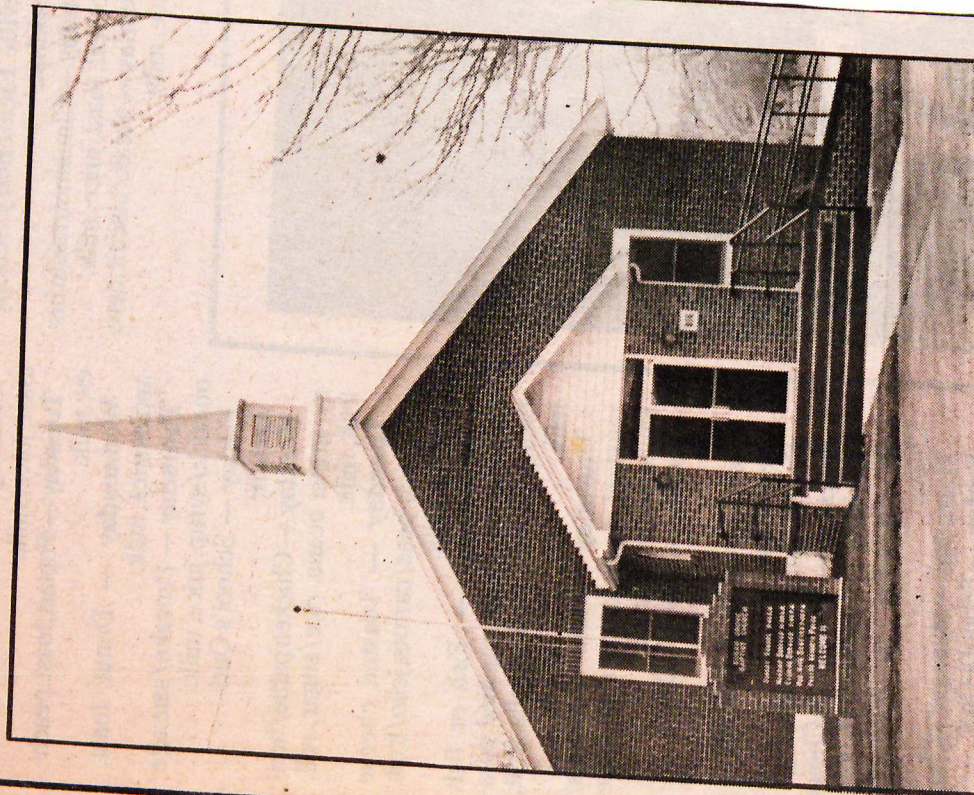
- 1 1/2 lb. ground beef
- 1/4 cup chopped onion
- 1 1/2 cups barbecue sauce
- 1 (16-oz.) can baked beans
- 1 1/2 cups buttermilk
- 1/4 cup oil
- 2 cups Martha White® Self-Rising White Cornmeal
- 4 oz. (1 cup) shredded Cheddar cheese

Directions

1. Heat oven to 400°F. In large skillet over medium-high heat, brown ground beef and onion until beef is no longer pink; drain. Return beef mixture to skillet. Stir in barbecue sauce and beans; heat until bubbly. Pour into ungreased 2 1/2 quart casserole.
2. In medium bowl, combine buttermilk, oil and cornmeal; stir until smooth. Spoon over meat mixture; spread evenly.
3. Bake at 400°F. for 35 to 40 minutes or until light golden brown; sprinkle with cheese. Bake an additional 3 minutes or until cheese is melted.

8 servings

WELCOME!!

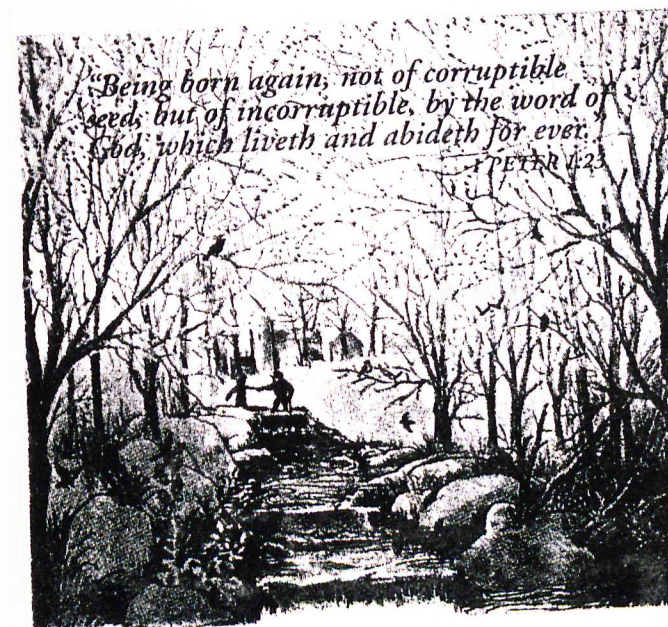


Tim Thornton

The sign says "WELCOME!!" in front of Sugar Grove Baptist Church, where the Rev. Kenneth Price is pastor. Worship services are held on Sundays at 11 a.m. and 7 p.m. and at 7 p.m. Wednesdays.

CUTTING THE FAT

- Acquire a taste for bread without butter
- Have eggs poached instead of fried
- Eat low-fat cereals
- Use four times as many vegetables as meat in soups and stews
- Have a private tasting of regular, low-fat and non-fat mayonnaise to see which your taste buds can tolerate
- Try steamed asparagus, green beans and broccoli without any embellishment
- Find a favorite evening drink that refreshes and relaxes and does not encourage you to have fat rich snack
- Substitute Canadian bacon or turkey ham for bacon
- Watch your bagel fat calories
- Reach for crunchy carrots instead of crunchy potato chips
- Have an English muffin instead of an oversized bran muffin
- Eat only half of your dessert
- Switch from chocolate-covered raisins to plain
- Snack on non-fat plain yogurt rather than the custard style
- Dip celery sticks in non-fat cream cheese instead of regular
- Replace fried chicken with "oven-fried"
- Learn to drink coffee with skim milk
- Make a white sauce from skim milk and instant potato flakes rather than a roux of butter or flour
- Reduce your steak to a piece that fits in the palm of your hand



NOTES

EVA, Polly, Thera
Peggy, Joy Nell
COL. 600
Disbanded door prize

APRIL

Hostess: _____

Devotions: Nell

Leader: Joy Scott

Business:

Roll Call

Treasures Report: 949.64

Program: Living Wills. Funerals

Hint: An old mis-matched fork can be a help; Keep it close to your favorite houseplants, and use it to "rake" their soil.

New environmental programs contain incentives for farmers

Virginia farmers are making decisions about the ways they are protecting the environment.

They have the opportunity to participate in the Environmental Quality Incentives Program (EQIP) and, until March 28, farmers could have had sensitive land enrolled in the new Conservation Reserve Program. Both of these programs are part of the new farm bill.

Virginia Cooperative Extension will provide the education component so that Virginia farmers will have the best information to make decisions in this highly competitive business, said Jerry Jones, director of Agriculture and Natural Resources programs for Extension. To participate in the programs, farmers work with the U.S. Department of Agriculture's Natural Resources Conservation Service.

Ag Stewardship Act

The first day of April marked the first day of implementation of the state's Agriculture Stewardship Act.

State lawmakers passed the law last year at the request of ag groups. Its primary purpose is to protect the state's water resources without imposing unnecessary regulations on all farmers.

The program kicks in only when a complaint is received by the Virginia Department of Agriculture and Consumer Services.

■ See **STEWARDSHIP**, Page A11

ment of Agriculture's Natural Resources Conservation Service.

Virginia Cooperative Extension, a part of Virginia Tech and Virginia State universities, provides scientific information that citizens can

use to improve their lives at work and home. Extension is a cooperative effort of local governments, state government, the land-grant universities, and the U.S. Department of Agriculture.

■ See **FARMERS**, Page A11

MATURITY

Maturity is the ability to control anger and settle differences without violence.

Maturity is patience. It is the willingness to pass up immediate pleasure in favor of a long-term gain.

Maturity is perseverance, the ability to sweat out a project or a situation in spite of heavy opposition and discouraging setbacks.

Maturity is the capacity to face unpleasantness and frustration, discomfort and defeat, without complaint or collapse.

Maturity is being big enough to say, "I was wrong." And, when right, the mature person need not experience the satisfaction of saying, "I told you so."

Maturity is the ability to make a decision and stand by it. The immature spend their lives exploring endless possibilities and then do nothing.

Maturity means dependability, keeping one's word and coming through in a crisis. The immature are masters of the alibi. They are the confused and the conflicted. Their lives are a maze of broken promises, former friends, unfinished business and good intentions that somehow never materialize.

Maturity is the art of living in peace with what we cannot change, the courage to change what should be changed and the wisdom to know the difference.

Creators Syndicate

Incentives for farmers

■ **FARMERS**, from Page A10
ment of Agriculture.

"Virginia's major livestock enterprises can benefit from the types of environment protection projects for which EQIP is designed," said James Pease, Virginia Cooperative Extension agricultural economist at Virginia Tech. He thinks that many Virginia farmers will apply for cost sharing to complete environmental protection projects they are planning.

EQIP, which is administered by the USDA, provides cost-share assistance to family-sized farms and ranches for up to 75 percent of the costs of certain environmental protection practices such as grassed waterways, filter strips, manure management facilities, capping abandoned wells, and wildlife habitat enhancement.

The USDA also may provide incentive payments to encourage producers to apply such land management practices as nutrient, manure, irrigation water, wildlife, and integrated pest management.

"These are the kinds of projects that many of Virginia's livestock producers are planning to do and can use the cost-sharing to get them done," said Pease. About half to two-thirds of Virginia's agriculture industry is involved in livestock, which fits these programs.

Virginia's initial funding will be \$3 million out of \$170 million across the nation. An additional \$30 million will be allocated later for specific needs.

The goal of the program is to help producers protect natural resources and ensure the sustainability of the food supply. Farmers must have their own conservation plans to be eligible for any EQIP contract. The conservation plans detail the farmers' long-range efforts for the use of the land and contain plans for practices such as nutrient management, designed to protect the environment.

The other environmental protection program that could involve Virginia farmers is the Conservation Reserve Program (CRP). Farmers

Last minute change in conservation program

A last-minute change in the Conservation Reserve Program should protect more environmentally sensitive land in Virginia by encouraging more peanut and tobacco producers to participate.

The CRP pays farmers annual rent to hold environmentally sensitive land out of production for 10 years.

With only a week left to sign up for the CRP, the U.S. Department of Agriculture changed the rules so that single-owner tobacco or peanut growers can apply for the program without reducing their quota.

The change was made in response to requests by the Virginia Farm Bureau Federation and others from the southeastern United States, where most tobacco and peanut crops are grown.

The new guidelines are expected to significantly boost Virginia's participation in the CRP because it could impact as many as 26,000 farms in the state, according to Don Davis, executive director of Virginia's Farm Service Agency.

Flue-cured tobacco is the top crop in Southside Virginia. Burley tobacco is grown throughout the southwestern part of the state and peanuts are a major commodity in the Commonwealth's southeastern corner.

Growers generally did not want to give up part of their quota, which is the amount of their crop the government allows tobacco and peanut farmers to plant each year, in order to enter into the Conservation Reserve Program, Davis said. "Now we will be able to work with these producers," he commented.

The sign-up period was March 3-28. USDA is expected to confirm farmers' enrollment in the program by mid-June.

—Virginia Farm Bureau Federation

had to have made decisions about how they would be interested in participating in this before March 28. For this program, farmers propose that environmentally sensitive land be enrolled and set aside from production. If the land meets the criteria set by USDA and the rate at which it would be eligible is agreeable to the farmer, the land can be set aside. Landowners and farm operators have options about cropped wetland and highly erodible land and other special practices such as buffer strips, riparian buffers on pastureland, grassed waterways, field wind breaks, contour grass strips, and edges of cropped fields. The past CRP was more production oriented compared to the environment emphasis in this CRP.

The primary goals of CRP are erosion reduction, improvement of water quality, and the enhancement of wildlife habitat. Nationally, about

36 million acres are expected to be enrolled.

Virginia farmers most likely to participate will be those along the Chesapeake Bay watershed. The USDA will evaluate and rank offers based on the potential environmental benefits of enrolling the land. The USDA's goal is to enroll those acres into the program where the benefits to the nation from land retirement outweigh the benefits of keeping the land in agricultural production.

Pease estimates that there will be only marginal impact in Virginia from the CRP. In the past, Virginia farmers have found that the maximum rate paid for CRP contracts is too low. About 7,200 acres of Virginia land are currently enrolled in the CRP. USDA expects to notify farmers no later than June 1 whether their CRP bids will be accepted.

—Virginia Cooperative Extension Service

Pat Jennings Sr. named to Business Hall of Fame

Former Congressman honored for contributions to region's economy

By LEE ANN PRESCOTT/Staff

Former Congressman W. Pat Jennings Sr. was named to the Junior Achievement Business Hall of Fame on Friday, May 9, at the Meadowview Conference Center. Jeane Kirkpatrick, former U.S. Ambassador to the United Nations, was the keynote speaker at a black-tie dinner honoring Jennings and three other laureates.



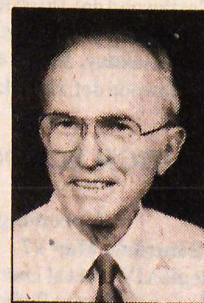
Pat Jennings Sr.

Jennings, Frank W. De Friece Jr., W.B. Greene Sr. and B. Carroll Reece were honored for their significant contributions to the economic well-being of the region. Past recipients of the award include Robert H. Porterfield, founder of Barter Theatre, and James C. White, former president of Tennessee Eastman.

This year, Jennings was selected for his work as an advocate for Southwestern Virginia, particularly when pursuing coal research, the interstate high-

way system and airport development.

Jennings was born in Southwest Virginia in 1919. He graduated from Virginia Tech in 1941, then joined the U.S. Army and served as a platoon leader, company and operations officer in Europe. After he was honorably discharged as a major in 1946, Jennings became an instructor at the University of Illinois.



Frank W.
De Friece

He then returned to Smyth County and established an automobile franchise, which continues to prosper.



B. Carroll Reece

In 1954, Jennings was elected to the U.S. House of Representatives, where he became a strong advocate and sponsor of legislation on health care, education and economic development. Upon

retirement from Congress, Jennings headed the Slurry Pipeline association, an organization promoting the coal industry.

De Friece is a Bristol, Tenn., native who currently serves as president of the Massengill-De Friece Foundation. Greene was a North Carolina native who founded Tennessee's first statewide banking organization in 1969. Reece was a Butler, Tenn., native who was elected to the U.S. House of Representatives and was known for his work on tax reform issues.

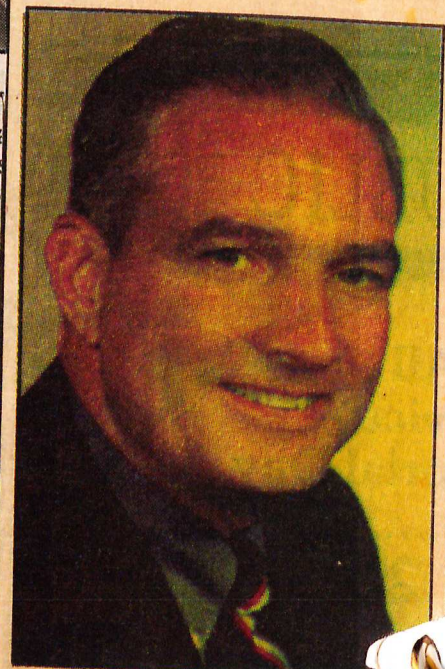


W.B. Greene Sr.

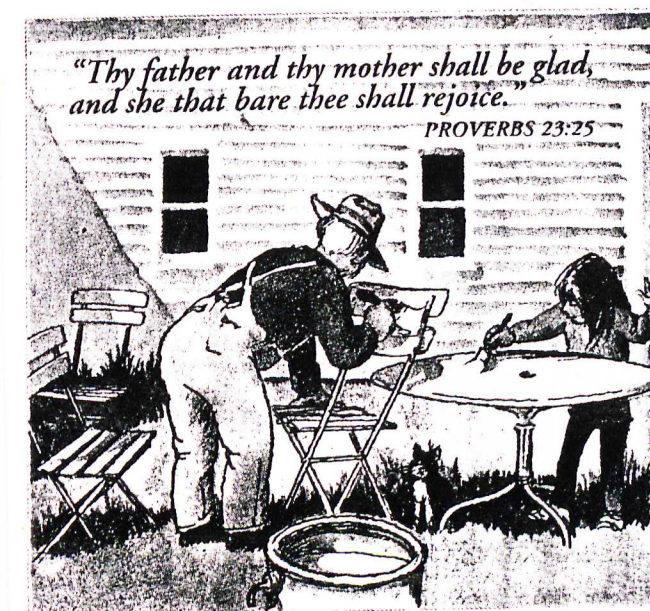
The four laureates were honored at the May 9 banquet with the Steuben Pyramid, a crystal sculpture created specifically for this award, and a video commemorating their lives. Their names will be added to the Business Hall of Fame plaque at the Tri-Cities Regional Airport. □

NEWSLINE

Hall of Fame



Pat Jennings Sr. and three other Southwest Virginians have been honored for their contributions to the region's economy. See Page A10. □



MAY

Hostess: _____

Devotions: Nell

Leader: Eva

Business: wrote checks for cook books
13 cook books

Roll Call

Treasures Report: Bank balance 949.64

Program: Report from County Council

Hint: Wondering how to clean your venetian blinds?
Hang the blinds in the shower, turn on the water and let the shower do all of the work! Let them drip dry.

Oregano





Just in time for the 10th of May cold spell, snow and frost coated the higher elevations surrounding the Konnarock community center, headquarters for the Naturalist Rally.

June

Where is that Spanking Lady anyway?

Was anybody bothered besides me? I had difficulty believing I was attending a graduation ceremony, normally understood as a time for quiet respect, quiet reflection, and quiet appreciation of achievement.

There was little evidence of anything quiet, respectful, reflective or appreciative in the audience at Smyth County Alternative Education's graduation ceremony May 22.

When audiences gather before an event, dozens or hundreds of conversations meld acoustically into a general din unlike any sound created by any other members of the animal kingdom. When the curtain rises or a speaker mounts the podium, civilized peoples around the world shut up, sit down and

who ran the daycare in her home and read to us and let us ride the pedal cars after our naps. Then there was The Spanking Lady whose sole commission in life, one which she took most seriously, apparently was to patrol the floor and watch for misbehaving kids. She had a name I don't remember but it fit her not nearly so well as my private label, The Spanking Lady.

I can't clearly recall seeing her use the paddle she wielded in a menacing manner. Somehow we knew she had used it, and we sensed she'd use it and for less flagrant violations than warranted spankings at our homes.

Vigilant, straight-backed, stern-looking she walked the floor among us, towering above us. She seemed to want to

be under a half-second away from the scene of whatever transgressions she counted as spanking offenses. I can't recall ever seeing her smile. I wonder if she smiled when she got to use the paddle. We playschoolers were coldly afraid of The Spanking Lady and by our good behavior we probably caused her to feel underemployed. My granddaddy teased me about being a playschool dropout; I don't think I lasted a week, and The Spanking Lady was much of the reason. If I see her on the street tomorrow, I'll sit down quickly and fold my hands in my lap.

But I wish I knew where The Spanking Lady was Thursday night. If she'd made a couple trips down the aisles,

■ See **LADY**, Page A5

COUNTY LINES

DAN KEGLEY I Staff

face forward.

Everything they needed to know in this circumstance they would have learned in kindergarten — if they had shut up, sat down and faced forward then. Someone should have made them. Someone like The Spanking Lady who scared me when I was in a daycare program called playschool.

There was the sweet, friendly lady

Switch Degrees in 3 Steps

Q. How does a person convert temperature readings from the Fahrenheit to the Celsius scale? — D.W.H.

A. With a calculator. To convert Fahrenheit readings to Celsius, subtract 32 degrees, multiply by five and divide by nine; to convert Celsius readings to Fahrenheit, multiply by nine, divide by five and add 32 degrees.

Where was that Spanking Lady?

■ **LADY**, from Page A4

unsmiling and looking to crack some noggins with that paddle, the place would have been quiet.

Marvin Winters may have even declined to speak, even though he is the superintendent and was on the agenda, which meant he would have to stand up and talk without first raising his hand, and that would surely make The Spanking Lady smile. But Dr. Winters was not the problem, and I'd tell The Spanking Lady that, probably by telephone. The problem was maybe not everybody in the audience, but it sounded like it was. It was hard to hear the proceedings, hard for a reporter to take notes.

Reporters cover everything from government meetings to train wrecks. It's about as hard to take notes on meetings as it is taking notes on a graduation ceremony you can't hear while five kids climb over you to get to the seats they aren't using and back to the aisle where no doubt The Spanking Lady would have met them with a big grin.

But we persevere and write about our misfortunes in columns after we recover.

But the misfortune wasn't mine, really. It was the graduates and their families and friends who lost out on an opportunity to have a stately and proud ceremony to remember. Yet, not even they seemed bothered by the noise. They were in fact contributors to it. Which is even more sad.

When dignity and nobility are crowded from the room by discourtesy and disrespect, can civility be far behind? We lose part of the best of human qualities, the ability to enjoy the achievement of others, to be happy in their happiness.

Already well known is that we suffer from a widespread lack of respect for education. Paradoxically, this was evident in a place and time where events were designed to celebrate education. Whatever our attitudes toward education and social events are, we are obligated by demands of

education and social events are, we are obligated by demands of polite society to be our own spanking ladies. We need to

know when to sit down, shut up and face forward. It makes a mess of things when we don't fulfill that obligation. □

Wednesday, May 28, 1997 • Smyth County News & Messenger **A3**

Improvements to 58 and 16 are on the way

By **DON SIMMONS JR.**/Staff

Improvements to U.S. 58 and U.S. 16 could begin as early as next year. The Virginia Commonwealth Transportation Board (CTB) has tentatively approved \$4 million in preliminary engineering funds for the two projects to be included in the state's Six-Year Improvement Program. The CTB will hold final

hearings on these and other funds on Thursday, June 5, at 9 a.m. at the Virginia Department of Transportation's Salem District Office at 731 Harrison Avenue. Gov. George Allen made the announcement Thursday, May 22, in Independence, during his whirlwind "listening tour" of Southwest Virginia.

Allen used the occasion to perform. ■ See **ROADS**, Page A9



“Seek and Ye Shall Find”

Our mothers and our Heavenly Father share a common bond. Of both we ask much, yet how much do we know of them?

Perhaps we should chat with our mothers on this their day about who they are as a person, who they were before we knew them, what is important to them as individuals. It could be that as we see them as persons, we gain new insight into ourselves. What a pleasant way to spend a Sunday afternoon (after helping with the dishes). How interesting to return to Mother's childhood while she can share those priceless tales.

We also need to know more about our Heavenly Father. What is most important to God? What does He will for our lives? Through weekly worship, talking with God by prayer and meditation, and reading from the Bible, we gain new insight into ourselves as spiritual beings and will be able to live our lives more purposefully and peacefully. The Bible says, “Seek the Lord while He may be found”. Isaiah 55:06

Seek God on Mothers Day and each Sabbath. God bless our mothers, that their day will have a special meaning.

Sunday
2 Timothy
1:1-18
✠
Monday
2 Timothy
2:1-13
✠
Tuesday
2 Timothy
2:14-26
✠
Wednesday
2 Timothy
3:1-9
✠
Thursday
2 Timothy
3:10-4:8
✠
Friday
1 John
4:1-6
✠
Saturday
Joel
2:28-32
✠

Now
I love you!

Five generations



Five generations of the Noonkester family recently gathered together. Pictured are: Deanne C. Formon of Lynchburg, Kory C. Formon and Mason W. Formon of Charlotte, N.C., Loretta N. Crismond of Marion and Arcie P. Noonkester of Marion. *Arcie Parks a native of Sugar Grove*

Life is constantly challenging us to make music out of the one string that is left, to make the most out of what we have, to make something beautiful out of the circumstances life has given us. The great glory in life lies in the fact that, whatever those circumstances are, God gives us the power and the spirit to conquer them.

A merry heart doeth good like a medicine. Proverbs 17:22.

GOD BLESS YOU, REAL GOOD.



Make a budget

Joy

Keeping a Cool Financial Head
Leader-Training Program
Smyth County - 1/29/97

KACFH is something that we need to be concerned about all year—intensified during holidays.

- get caught up in excitement, everyone is special
- may go into with old problems
- still have same bills, plus those we create - some bills are fixed (house, taxes, car), some are flexible (food, clothes, phone)
- taxes in December and April

Money problems=stress problems

What causes the problem?

- Gifts
 - shop early, but be careful, do not forget, do not change your mind
- Extra food
- Charities
- Miscellaneous (cars, stamps, wrapping paper, decorations, music, lights, etc.)
 - *use magazine article
- Retailers run special "no-interest" sales
- After Christmas sales

CREDIT CARD WARNING

The use of credit cards is not a problem, the problem is the abuse of credit cards (use mailings)

What can you do?

Students rally; counselor sues

Dismissal of MSHS guidance counselor generates a reaction

By DAN KEGLEY / Staff

About 75 Marion Senior High School students gathered in front of their school April 30 to protest the dismissal of guidance counselor Trina Gross.

Gross' position by the Smyth County School Board in April of 1997 as a direct result of defendant's slanderous statements..." It also claims

Rolen said in the presence of others "that he intended to seek her dismissal and would produce grounds for same in the coming year."

The motion for judgment seeks \$700,000 in compensatory damages and \$300,000 in punitive damages.

Rolen refused to comment on the suit. Smyth County School Board attorney Don Hammer said Rolan "would not be inclined to comment. His side will come out in court and be filed as a matter of public record."

On Thursday, May 1, Kilgore said Hammer called that day and "threatened to suspend [Gross]. If she doesn't voluntarily suspend herself, they will suspend her," Kilgore said.

Hammer said Gross had been



Jennifer Ashlin said, "It's a freedom of speech to stay out here and say what we believe. What's the Constitution for if they're not going to enforce it?"

Lacie Doane sounded resolute in her disobedience. "Miss Gross is the best. If they want to expel us, then summer school registration will break the record."

Suddenly realizing the possible consequences of her action, Heather Dodson said to a schoolmate, "I don't want to fail over this. She's a good teacher and all, but what good will it do me if I'm going to fail?"

Someone tried to start the chant, "Hell, no, we won't go," but it didn't catch on, and soon the struggling protest had quieted, its participants gone. But the matter is far from over.

Rolan "tried because he lied down, a en claimed he students

BLACK LAB

FBI CRIME LAB

our roadides to look like a landfill?

To The First
50 Mothers

IMPORTANT WAY
TO REMEMBER
THOSE YOU WILL
NEVER FORGET.

Granite
Marble
Watson Gap. If you

Monuments of Quality and Distinction
Smyth County Monument Co.

Hang up on fraud

If you could stop an attempted robbery by a simple gesture, would you do it? The answer seems obvious, but for a lot of people, the simple gesture of hanging up the phone on a fraudulent telemarketer is very difficult, particularly when faced with a demanding caller offering a deal that seems too good to be true.

One way the scam artists frequently snare victims is through the use of high pressure tactics. The caller simply refuses to take no for an answer. Often the consumer feels that it would be too rude not to listen even to a complete stranger who is being high-handed and unpleasant. The telemarketer may take advantage of the good manners by insulting, bullying or arguing with the victim.

Another ploy is demanding an immediate decision. The caller may claim that quantities are limited, the offer is valid only for a brief period, the price is going up, or any other excuse to reduce the time needed for a thoughtful decision.

The favorite and most successful gambit for scam artists is prizes and gifts. In this situation, it may be the consumer who initiates the call, in response to a letter or postcard declaring that the recipient is the "guaranteed winner." Instructions for claiming the prize direct the winner to call a certain phone number and then the fleecing begins in earnest.

The caller is told that to receive the prize, there are fees that must be paid for taxes, handling or shipping. The fees must be sent in advance. Many Virginians who hear this are unaware that in the Commonwealth, there is a law that makes it illegal to require a prize-winner to pay to receive a prize. When no prize appears, or the one that is sent is worth far less than the fees already paid, the "winner" realizes that a more appropriate title would be "loser."

For more information, toll-free at 1-800-552-9963 or in the Richmond area, (804) 786-2042.

—Virginia Department of Agriculture and Consumer Services

Telemarketers do not limit their scams to prize offerings. Other categories include the sale of securities (always termed a "sure thing"), travel offers ("vast savings over regular package deals"), gemstones ("the value will continue to appreciate"), and medical cures ("produced abroad in very small quantities"). The listings are limitless because, as money-making opportunities appear in the news, telemarketers are quick to translate their notoriety into personal fund-raising schemes.

How can consumers recognize the sound of fraud on the line? Beyond offers that seem too good to be true, high pressure sales tactics and demands for immediate answers, there are other characteristics consumers should note. Often scam artists will ask for credit card or bank account numbers for "verification" or other vague reasons. Giving out this information is never a good idea. Divulging even credit card expiration dates have led to financial problems for some people. Another tip-off is that when fraud is involved, the caller often asks for payments or fees to be sent very quickly, often via express courier, thus hoping to avoid any entanglements with postal authorities.

What can consumers do to avoid getting stung by fraudulent telephone solicitation? For those who dread being ill-mannered, composing a closing line that can be delivered mid-call may solve the problem. The line can be something like "I'm sorry; I do not respond to telephone solicitations."

The best course of action is to hang up the phone at the first sign of trouble.

Read credit card contracts carefully

Are those low interest credit card offers a good deal?

It depends. With any credit card or loan offer, you must read the contract. Generally the low interest rate on these credit cards is only for a short period of time, then the interest rates takes a sharp jump.

For example, one card offers a fixed rate of 4.9 percent. A fixed rate means it will not change. If you read the contract you find the fixed rate is only for five months. At the end of five months, the rate changes to a higher variable rate. It changes according to some standard the company identifies. Usually the based standard means nothing to most people. This particular card bases theirs on three months London Interbank Offered Rate (LIBOR), as published in the Wall Street Journal. The variable interest

EXTENSION ANSWERS

LINDA CHILDERS

est rate is based on LIBOR on the 25th day of the prior month plus a margin of 11.34 percent. The day this offer was printed the variable rate that would apply was 16.9 percent.

In addition to the increasing interest rate, the contract says if you fail to make required payments, at any time your variable rate will increase to a fixed rate of 22.95 percent.

You need to also consider the

■ See **EXTENSION**, Page B8

Extension answers

■ **EXTENSION**, from Page B7

grade period on the card. Most cards offer 25 days grace period which means if you pay off your balance within 25 days, you pay no interest. Be sure to check grace periods. If you have no grace period, then there is no way you can avoid paying interest, even if you pay off the balance every month. The grace period is the amount of time you have between making the purchase and the time the company starts to charge interest. If you do not have a grace period, then the interest starts to accumulate immediately. Some companies are eliminating the grace period or shortening it to 10 to 15 days. It will make a difference.

The information that you should check is required by law to be included in a box in the information that accompanies the offer. This is called the Schumer box and is named for the legislator who sponsored the law that created it. The box details the interest rate, interest computation method, grace period and any fees that will be charged.

It is difficult to function in today's society without a credit card and there is nothing wrong with a credit card. Just remember that it is your responsibility to know and understand the contract that you sign when you activate that credit card. □

Why new-fangled foods cook differently

Low-fat cream cheese just won't work the same in the cheese cake recipe your grandmother gave you. "Well, it isn't the same as the old-fashioned cream cheese. Low-fat cream cheese and the many other low-fat and no-fat products available have been tested by manufacturers to taste the same, and even feel the

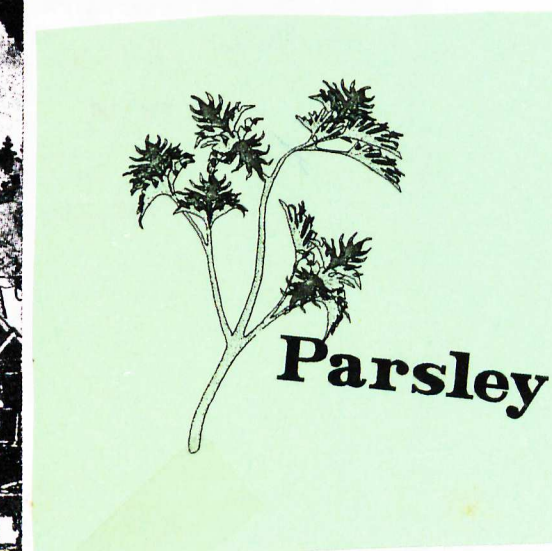
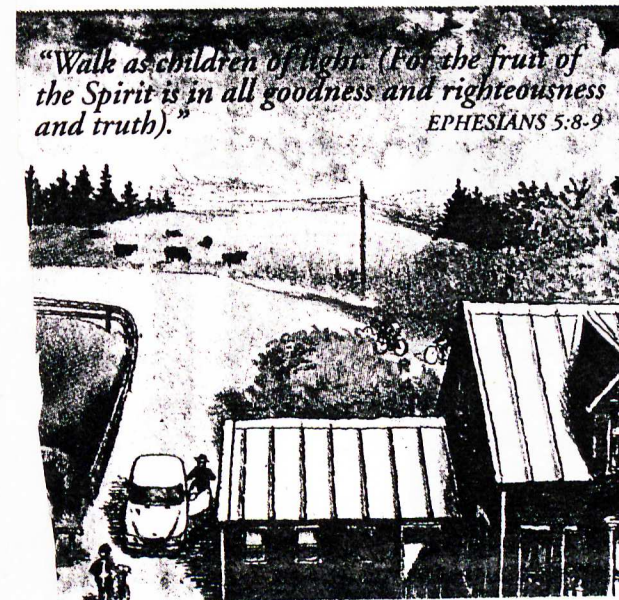
same, but often they don't cook the same," said Ann Hertzler, Virginia Cooperative Extension foods and nutrition specialist at Virginia Tech. "You may have to experiment with different recipes to get benefits of the low-fat ingredients. Most food manufacturers have suggestions," she said.

Hertzler had another warning about the low-fat products.

"Taking out the fat doesn't mean that it is low calorie," she said. As a nutritionist she is glad to see that Americans are trying to reduce the amount of fat in their diets by making changes.

The dietary guidelines suggest that people consume no more than 30 percent of their calories in fat. Lower-fat diets are shown to be a factor in lowering the chances of heart disease and stroke, two major health problems.

—Virginia Tech Extension Service



JUNE

Hostess: _____

Devotions: Nell

Leader: Eva and Peggy council meeting may 22

Business:

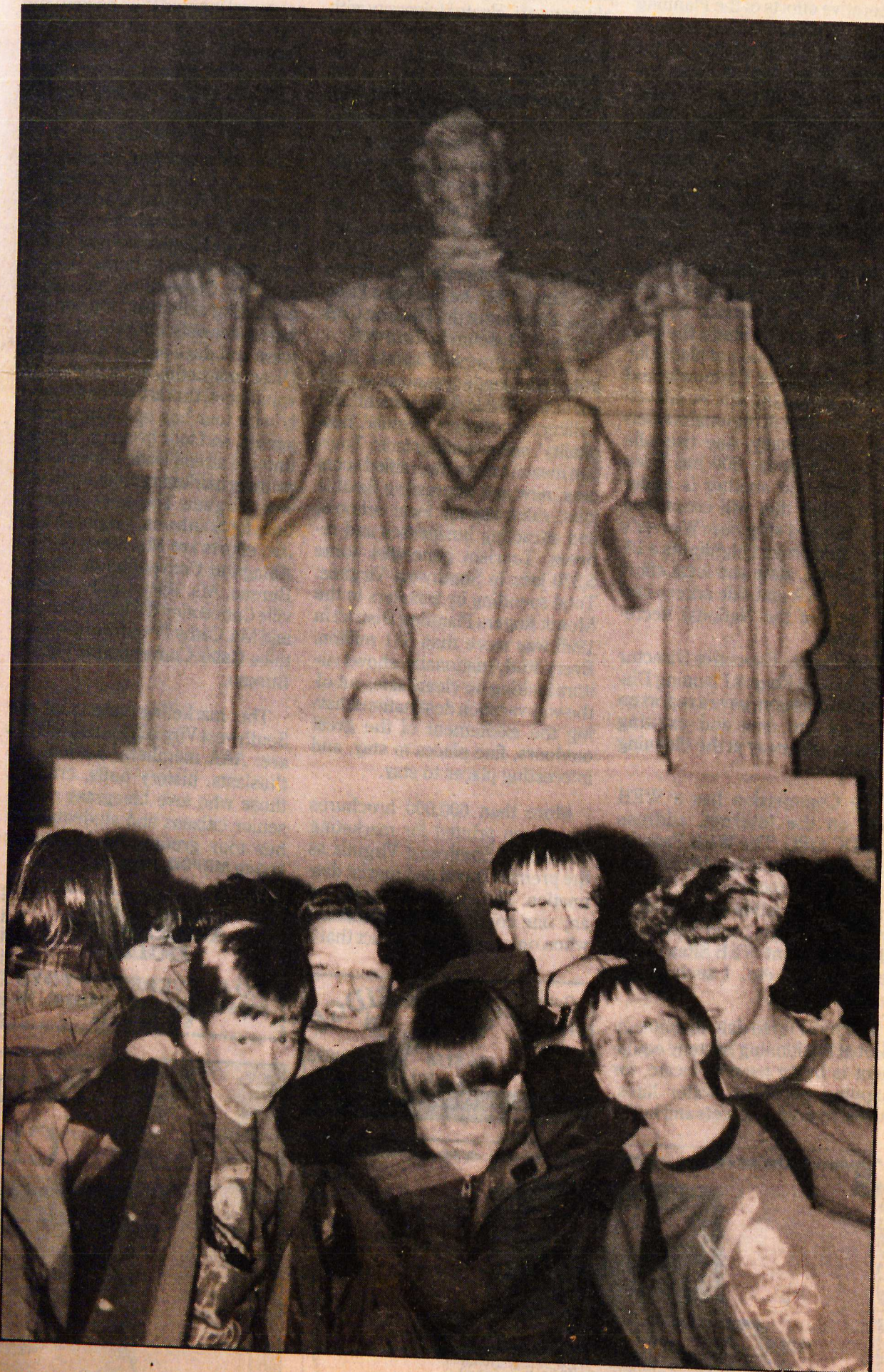
Roll Call

Treasures Report: _____

Program: Ribbon Embroider

Hint: Here's a way to prevent lime deposit from building up in your humidifier. Just drop an old copper scouring pad into the water container.

At the great man's feet



Washington D.C. was awash with Smyth County students when 365 Smyth Countians visited the nation's Capitol. See some of what they saw and read what they thought about it on Page B1.

June



Dear, Rye Valley Homemakers Club

We really appreciate
your kindness and help. We all
had a great time. As you know
we seen many things and places.
Like Williamsburg and Jamestown
and Monticello. Thank you
for your money.



Your friend,

Megan Mitchell, and

4th grade class

Sugar Grove school



JULY



Hostess: _____

Devotions: Nell

Leader: Discussion by group.

Business:

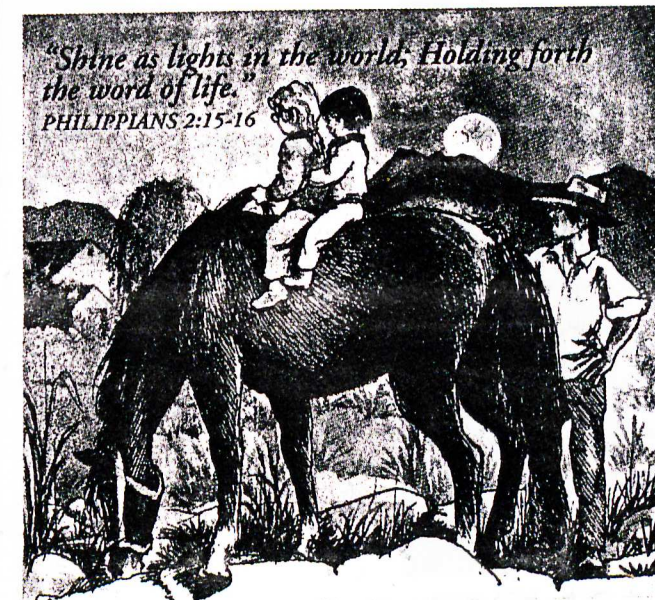
Roll Call ✓

Treasures Report: ✓

Program: Favorite Dish Lunch

Hint: Yuck! Ants all over my picnic table!

Don't panic, fill tin cans with water and set the legs of your table in them.



AUGUST



Hostess: _____

Devotions: Nell

Leader: Eva and Nell

Business: Planning

Roll Call ✓

Treasures Report: ✓

Program: Matting and Framing

Hint: Dresser drawers sticking? Just rub a bar of ordinary hand soap across the runners and they'll move smoothly.



Roberta wins 1st prize



Bayleaf



Chives



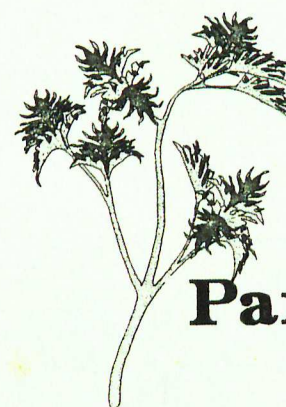
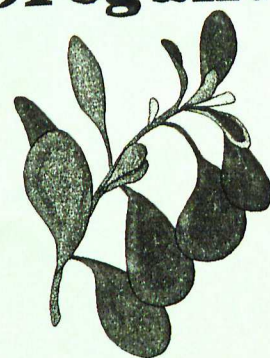
Sage

GROWING & COOKING WITH HERBS



Mint

Oregano



Parsley



Rosemary

Recipes

Herb Butters

1 pound (16 oz.) = 2 cups (500 ml) = 4 sticks
 ½ pound (8 oz.) = 1 cup (250ml) = 2 sticks
 ¼ pound (4 oz.) = ½ cup (125 ml) = 1 stick

For 1 stick of butter or margarine (especially good with unsalted butter), try any of the following:

- 1 tsp. dried or 2 Tbsp. fresh basil, chervil, tarragon, thyme, or rosemary
- ½ tsp. curry powder
- ½ cup chopped green onions, 2 Tbsp. dried parsley, 2 Tbsp. prepared mustard, and 2 Tbsp. sesame seeds or poppy seeds.
- ½ tsp. basil, ¼ tsp. marjoram, and ¼ tsp. savory.
- ¼ tsp. marjoram, ½ tsp. powdered mustard, ½ tsp. tarragon and ¼ tsp. rosemary.

Tips:

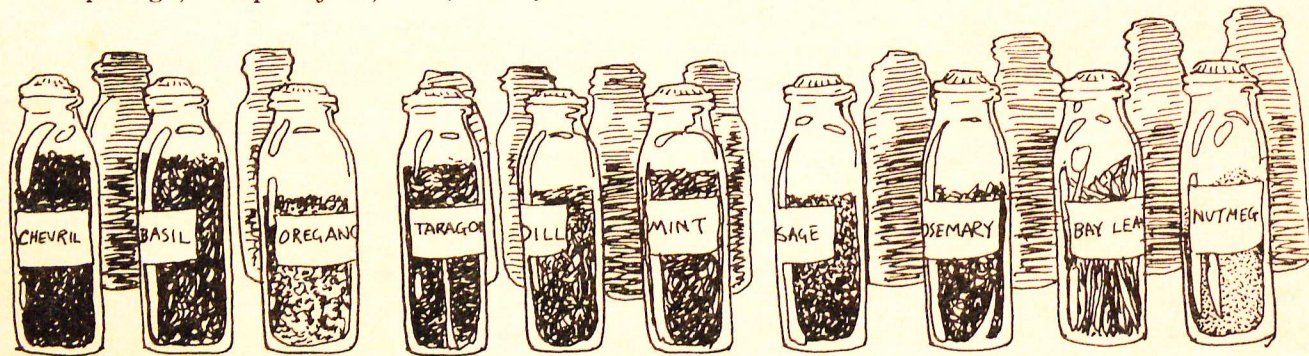
- For color add about 1 Tbsp. minced fresh parsley or spinach leaves.
- To highlight flavor, add about 1 tsp. lemon juice or wine vinegar.
- Have spread at room temperature for mixing herbs and spreading breads.
- Spread bread slices and shapes, crackers, or a loaf of bread with herb butter and heat until lightly browned.
- Herb butters also can be used on vegetables, fish, or meat.

Herb Bread

Many cultural specialties feature yeast breads and quick breads using a variety of spices and herbs.

Add the following ingredients per pound (3 to 4 cups flour) of yeast dough.

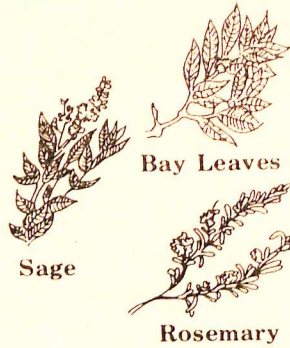
- 1 tsp. sage, 2 tsp. caraway seed, and 1½ tsp. nutmeg.
- 1½ Tbsp. dill seed or 1½ Tbsp. caraway seed and ¼ cup instance minced onion.
- ½ tsp. sage, ½ tsp. thyme, ½ tsp. marjoram.



Herb and Spiced Beverages

Many cookbooks contain recipes for chocolate and milk drinks and spiced punches which feature special seasonings.

Leaf Teas (Hot or Iced) — (bay leaves, mint leaves, thyme leaves, rosemary leaves, parsley, marjoram leaves, sage leaves or savory leaves) Steep herbal blends with hot water for about 3 minutes. For stronger herbs use 2 tsp. fresh herb or 1 tsp. dried herb for 5 to 6 ounces of water. These amounts can be doubled if mild herbs are used.



Root and Seed Teas — (ginger, cinnamon, or anise seed) Boil root or seed teas for 15 to 20 minutes.

Herb Vinegar Dressings

Use with vegetable salads or cooked vegetables.

- ¼ tsp. ground black pepper, 1 tsp. dry mustard, ½ tsp. paprika, ¼ tsp. garlic powder, 1 Tbsp. finely chopped chives, 3 Tbsp. cider vinegar, ½ cup vegetable oil, 2 Tbsp. pickle relish, 2 Tbsp. lemon juice. Yield: ¾ to 1 cup.
- ¾ cup tomato juice, 2 Tbsp. lemon juice, 2 Tbsp. instant minced onion, 1 Tbsp. basil leaves crushed, ¼ tsp. garlic powder, ¼ tsp. ground cumin seed, ¼ tsp. ground red pepper. Yield: ¾ to 1 cup.

Be Creative

Be both a scientist and an artist as you learn to cook with spices. Start with several herbs and spices, learning to know the flavoring and how it complements different dishes. Look for new ideas by checking labels on spice packages and by collecting recipes on regional or other specialty dishes.

The fire that closed Atkins

When Marley Mouldings' warehouse burned, it created havoc

By DAN KEGLEY/Staff

As if in surrender, white smoke rose into a sunny sky early Friday morning from the broken, burned walls of a Marley Mouldings, Inc. warehouse in Atkins. After more than 36 hours of battle since the fire was reported Wednesday, Aug. 20, firefighters had defeated the blaze. It destroyed an estimated 1 million pounds of recycled plastics and caused the evacuation of some 500 people downwind of the fire.

The blaze was down Friday morning, but it was not out. Hot spots continued to demand attention from the skeleton crew of firefighters, a small contingent of the estimated emergency personnel who based their

operations at the U.S. Army Reserve Center on U.S. 11.

"In all actuality, something will be burning for two or three days," said Charlie Harrington, coordinator of Smyth County Emergency Services and local representative of the Federal Emergency Management Agency. "It's no longer an emergency situation. It's very inert. See the white smoke?"

That white smoke was actually steam. It billowed in contrast to the dark, gray smoke that rose from the

"That's where my husband works," she said. "He usually comes home every night for lunch because we live so close. I was waiting for him to come home." He was half an hour late coming home.

"Everybody was calling me, telling me, 'You need to get out, you need to get out' but I said, 'No, I'm not going to leave until he comes home.'"

When Glen came home, Kathy

The Muncy family has p

chickens, a dog and a cat.

worried about leaving the a

but the animals seemed to b

In fact, the family found that

cat delivered at least one

Wednesday night after the

fighters. The crew also provided routine care for firefighters as they went off duty. Robert Combs, a shock-trauma technician said there were no major injuries or illnesses. "A couple firefighters had heat exhaustion," he said.

Shane Muncy went to his first day of kindergarten at Atkins Elementary School on Wednesday, Aug. 20. He was excited about starting school.

That evening, something big happened in his neighborhood and Shane had to wait before going back for a second day of kindergarten.

Glen, Kathy, Shane and 2-1/2-year-old Timmy Muncy were members of one of many Atkins families

who were evacuated from their

home. "That's where my husband works," she said. "He usually comes home every night for lunch because we live so close. I was waiting for him to come home."

He was half an hour late coming home.

"Everybody was calling me, telling me, 'You need to get out, you need to get out' but I said, 'No, I'm not going to leave until he comes home.'"

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Wednesday night after the

Volunteers battled heat and exhaustion

By DAN KEGLEY/Staff

"It wasn't that hot up there. The turnout gear keeps a lot of heat out," said Chillow fireman David Haynes. Haynes had the glamorous-looking but potentially danger-



Hundreds had to evacuate

Norris said Olin turned the

Just 50 can to use

people at the bank, like a

the

virtually everything: clothing,

fatigue evident in their expressions, a pair of firefighters rotate off duty Wednesday evening, Aug. 20, the night the fire started.

Dan Kegley

Parents should consider many factors before leaving a child home alone

"When is a child ready to stay home alone?" is a simple question. Answering it is not necessarily simple.

The question covers so many variables. Each child matures at a different rate. Home and neighborhood situations vary. Many factors go into answering the question for a specific child," explains Rick Peterson, Virginia Cooperative Extension family and human development specialist at Virginia Tech.

"Parents need to sit down with each child and analyze their specific situation before deciding whether or not to allow a child to be home alone," Peterson says.

Is the child ready? Has the child asked to stay home alone? Does the parent honestly believe the child is ready? Trust the child's ability to fend for him or herself

when alone? Does the child follow through with chores? Carry house keys without losing them?

Are the parents ready? Or are they anxious about leaving the child alone? Can they be easily reached by phone? Can they be available every day for a child's "check-in call"? If not, is there another adult who can be? Is there a near-by home where someone is available in an emergency?

Is the home ready? Are there dead-bolt locks on the doors? Locks on the windows? Do they all work easily? Is there a telephone? Is there a list of emergency numbers and instructions? Is there a window or a peephole so a child can see who is at the door without opening it? Are the electrical wiring and plugs safe? Are there working smoke/fire alarms? Is the heating and cooling

How long will the child be home alone? Will it be for half an hour while mom or dad runs to the store? For a couple of hours every day after school?

What time of day will it be? A sunny afternoon? A whole evening alone and going to bed in an empty house?

"These questions can help parents and children decide if staying home alone is safe for a specific child in a specific situation. A 10-year-old may be ready to stay alone for an hour on a Saturday morning, but not ready to take care of him or herself and a younger brother every afternoon before a parent comes home," says Peterson.

—Virginia Tech Extension Service

system easy to operate? Are medicines and alcoholic beverages locked away? Are chemicals and poisons in the original containers and safely out of reach?

Is the neighborhood safe? Will the child be safe walking from school or the bus stop? Is it a long distance? Can the child walk it in any weather? Are there safety problems with other people (gangs, bullies), traffic, animals, the types of businesses, construction, or other hazards? Is the neighborhood well-lighted? Is the area affected by floods, tornadoes, hurricanes, or earthquakes? Are there well-marked safe places to get help if needed: block homes, stores, libraries, schools, etc.?

The scriptist became a lead when representatives of the H. P. King Company from Bristol came to the plant with about \$800 in script. Mathieson had accepted from Mathieson employees. They asked that it be replaced at face value. Mathieson refused and the two went to court. The court found in favor of King.

The plant was a father and son operation, as generation after generation followed family tradition into the factory. A person's position at the plant determined his family's status in the community, with the managers and professional people at the top of the list. It determined even

phone company just transferred this line. The wife of one of our neighbors at the time wanted her own private line. When she discovered we had one she raised all manner of tricks trying to get them to give her our private line. Didn't work though."

Totten said that was not the only example of politics in the telephone business. He told of a line that ran from the plant's switchboard, down Poor Valley and across the mountain over into Russell County, past probably hundreds of people who didn't have phone service, to the offices of the Stuart Land and Cattle Company, owned by the Stuarts from the saltworks, still closely tied

my helping with these courses. I've even underwritten the majority of the cost of items like class rings. The company built the town's high school in 1957. Northwood High School was originally named in honor of a company manager, R.B. Worthy.

The company took great interest in local athletics. In high school sports, other schools often claimed — possibly with some justification — that the company recruited for the team. A father of a good ball player would suddenly find himself with a job offer from the company. Provided, of course, that he move his family into the Saltville school district. The company provided lights for the ball field. The stadium

Many communities in Saltville area still bear names related to Mathieson and Olin. The area known as British Row was the community where most of the British employees resided. The Quarry and New Quarry are communities that grew around the plant's quarries. Government Plant was an Olin subsidiary, the Nitrogen Products Company, produced sodium cyanide during World War I. What's now First Street was, for many years, N. P. Row. That is where the supervisors from the Nitrogen Products Company originally built their homes.

Saltville: A company town without a company

■ SALTVILLE, from Page A9

former Olin workers to land another job.

Olin's closing devastated Saltville, though the company made a settlement to help the town through the pains of separation: 3,708 acres of land, including the former plant site, and \$600,000. Within Saltville, the town also got one third of the land's mineral rights; the other two thirds would become town property within 10 years.

Olin gave the town the company's former computer building, the land where the old high school sat, the area where the Lions Club Park is now, the brine reservoir used as a swimming pool, the local school system and the old post office building. Olin also agreed to indemnify the town from liability for any of its former properties for 10 years and to construct a drain line from the low pressure brine fields to the river.

The company also gave the Virginia Game and Inland Fisheries Commission 4,000 acres and Virginia Tech 57 acres. The company gave Smith County Community College a building and a swimming pool.

presence in Saltville, overseeing its few remaining properties. In 1979, the Water Control Board notified Olin that the town, as owner of the property, would be liable for any pollution caused by the property. The old chlorine plant site was still generating mercury pollution.

In 1982, the town returned the chlorine plant site to Olin. The company had just reached a \$3 million agreement with the EPA, the Water Control Board and health officials in Virginia and Tennessee. Olin excavated mercury-contaminated sediment from the river bed, put it on the chlorine plant site, then capped the entire area with clay.

In 1991, Olin cut a ditch on the eastern side of Waste Pond Five, to catch runoff from the mountain and Rt. 611. The runoff goes to the river without draining through the pond and picking up toxic material. In 1994, the company built a water treatment plant to handle the water from Pond Five. The plant removes more than 98 percent of the mercury from the discharge and meets or exceeds state water quality stan-

Council discussed working with Olin to clean up the old town dump between Saltville Elementary School and Elizabeth Cemetery. Olin representative Lowell McAllister said the company has spent "to date, somewhere between \$21 million and \$25 million on clean-up." McAllister said estimating future costs is difficult. "Engineering hasn't done any close estimates yet, but the EPA estimates some \$35 million to \$45 million more. That's just a rough guess."

Some citizens worry about the potential for health problems the contamination creates. The Agency for Toxic Substance Disease Registry recently released a cancer study that showed Saltville's cancer rates are higher than the state and national rates and higher than Washington County's rates in practically every category. But the rates were not significantly higher, according to the agency. The agency attributes the difference to lifestyle rather than toxic exposure. Being on the Superfund list makes some citizens nervous, but the people charged with attracting

Authority, said, "I've never heard anyone say having a Superfund site made it harder to recruit industry, but I'm sure, in some ways, it has. Now, when we look at an industrial prospect, we try to get someone friendly to our environment. We wouldn't want someone creating a mess."

Saltville Town Manager John Clark says it could if a company was very environmentally conscious on a corporate level. However, "If a community has the basic necessities of labor force, site, rail service or ease of transportation and local support, it shouldn't make much difference."

A quarter-century after the closing, Mayor Frank Lewis said the town is "fairly well back on its feet and has been for a while now."

He pointed to PCS Phosphates, Virginia Insulated Products and ACCO-Chain and Lifting Products Division as long term, stable corporate residents. Lewis mentioned T. D. Wheel Company of Virginia that now has about 250 employees as an example of successful industrial recruiting. With new industrial

What is the most women face?

New domestic violence officers to arrest the scene and get a victim(s). Do you or hurt?

Do you think women they deserve at work?

Would you have chosen you were a man?

As a woman, what is



Don Simmons Jr.
Carol Barker's first grade class at Sugar Grove Combined School wraps up its first-day lesson for the 1997-1998 school year.

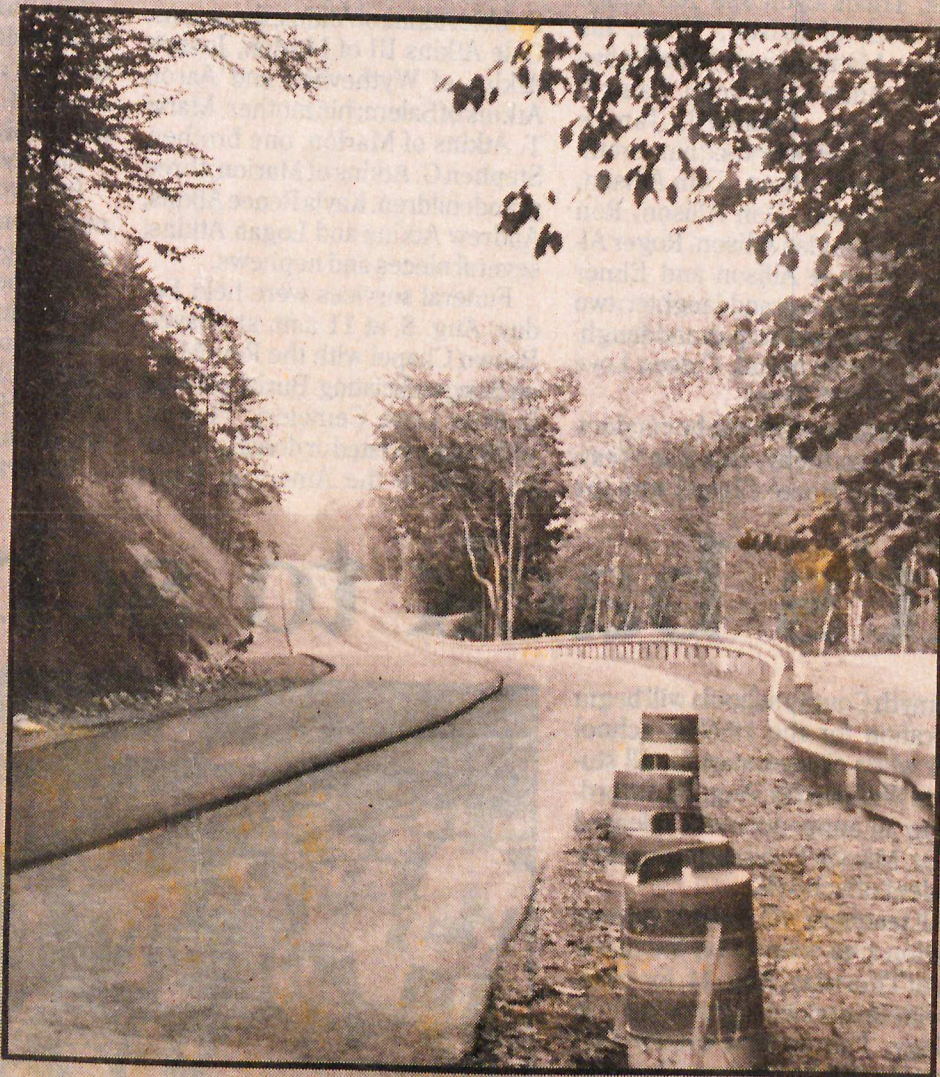
The first day of school



Don Simmons Jr.
Nap time is almost over in Helen Hinton's Sugar Grove Elementary School kindergarten class.

August 9, 1997

New road, new route



Dan Kegley

This is one of the few curves remaining on the reconstructed portion of State Route 600 over Iron Mountain. A bus will use the improved road to transport elementary students from Konnarock to Chilhowie Elementary School, which is closer than the Sugar Grove Combined School they attended through last year. See story on Page A8.

A8 Smyth County News & Messenger • Saturday, August 9, 1997

Konnarock students will have

By DAN KEGLEY/Staff

There's a joke about our how tough life was for our parents and grandparents, about how they walked 10 miles to and from school — uphill both ways.

When school begins this fall, nine elementary students in Konnarock will ride to school, but it will be uphill both ways, at least until they reach the top of Iron Mountain. For the first time, a bus will take those Konnarock kids over the mountain to Chilhowie Elementary School. The reason for their switch is that an improved road makes the closer school safely accessible for these former Sugar Grove Combined School students.

The present phase of curve-straightening work on State Route

600 is nearly complete along most of the route from the foot of Iron Mountain above St. Clair's Creek community to near Konnarock. The bus that until last year carried students along the valley to Sugar Grove will cross Iron Mountain to Chilhowie. According to Sam Hambrick, principal at Sugar Grove, the ride from Konnarock to his school is just over 20 miles. To Chilhowie, the ride will be 13.5 miles.

The plan to use the improved road to carry students to Chilhowie was studied last spring.

"We talked individually to the families over there [Konnarock]," said Dr. Marvin Winters, superintendent of Smyth County schools. Winters said Hambrick and Chilhowie Elementary School Principal Ed Worley visited those families. None ob-

jected to the change.

A Konnarock high school student will drive to Marion Senior High School.

Winters said bus driver Don Wyatt, who transported the students to Sugar Grove, will drive the Iron Mountain route to Chilhowie. Winters said Worley and Wyatt have driven the new route.

Worley said the shorter trip to school "won't be as hard on the

a shorter bus ride this year

children. They won't have to ride as far."

Worley said he had mailed each student a letter welcoming them to Chilhowie Elementary.

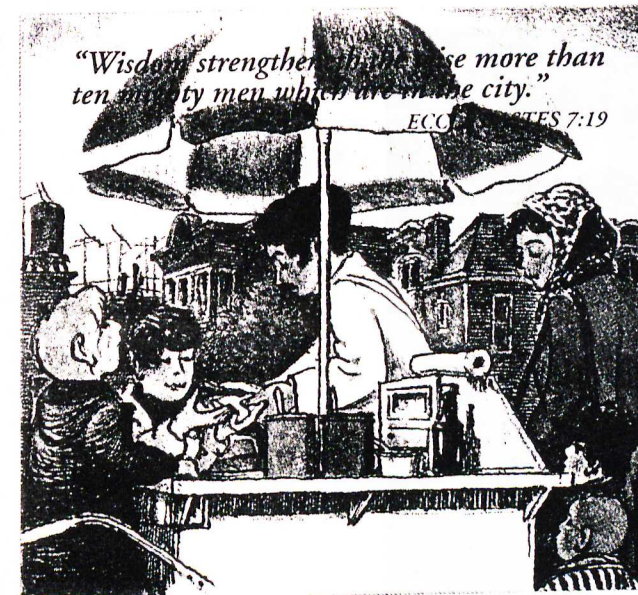
"We're glad to have them," he said.

Construction crews were paving a planned overlook on the north side of Iron Mountain Thursday evening, Aug. 7, as an evening sun cast shadows into what locals call

"the cut." The cut, a wide swath cleared of trees and earth, permits a long, straight descent down the mountain's south face toward Konnarock. From the reconstructed road, motorists will enjoy a view of mountain ranges to the south that were not visible from the tree-canopied former road. The overlook affords a sweeping vista, limited to the north only by the distant Clinch Mountains, from the Chilhowie and St.

Clair's Creek area to the west beyond Abingdon. In clear weather, buildings and signs in Abingdon can be seen through binoculars from the overlook.

Winters said as of Thursday, August 7, no other bus routes changed. Pick-up times also remain unchanged. Parents are asked to direct bus route questions to the principals of their children's schools. □



SEPTEMBER

Hostess: _____

Devotions: Nell

Leader: Eva

Business: Financial Chek-up

Roll Call ☒

Treasures Report: _____

Program: How to join a quilt

Hint: Don't let lint get you down when you are cleaning your glass- top tables. Just add a capful of any fabric softener to a bucket of warm, clear water. After you wash the glass, rinse them with this mixture, they'll be sparkling and lint-free



Eating healthy without breaking your budget

Once a nutritious vegetable, always a nutritious vegetable. No matter how a nutritious vegetable is preserved, frozen, or canned, its nutrition is good. If it is a rich source of vitamin C, it will still be a rich source of vitamin C after it is processed and it will be especially good because food companies process vegetables when they are at their peak of ripeness.

"Marketing economists are predicting that prices of vegetables will go up because of bad weather conditions in the regions where most of the winter vegetable supply is grown," said Ann Hertzler, Virginia Cooperative Extension foods and nutrition specialist at Virginia Tech. "So I want to encourage families that may see the higher prices to look around for those sales and, whatever they do, never consider cutting back on the amount of vegetables in the family meals."

"Remember, canned or frozen vegetables have the same nutrition, and may be on sale," she said. She added that the cook has to be careful in preparing the vegetables so as not to lose the nutrition in the preparation of cooking process. If cooking vegetables, remember to cook them for short time periods and to cook in a small amount of water so the nutrients are not poured off at

the end of cooking. Her suggestion for storing fresh vegetables is to keep them in a cool place.

From a nutritionist's view, vegetables are never too costly. The payoff from keeping fruits and vegetables in the diet is good health.

Research shows that those individuals who get five servings of fruits and vegetables a day are least likely to have cancer, Hertzler said. Some vegetables, such as broccoli, cabbage, carrots, and the greens including spinach, mustard, beet greens and turnip greens, kale and collards are among the best. They are high in the vitamins and minerals important for health and low in calories.

Hertzler is concerned that families not reduce the amount of vegetables in the diet.

"The average American isn't consuming enough vegetables for good health. The recommended amount is five servings daily, but studies show people are only eating 2.3 servings a day," she said.

More grocery stores and farmers' markets are making good nutritious vegetables easy to get, she said. "Make sure your family is getting 5-A-Day — three servings of vegetables and two servings of fruit," Hertzler said.

—Virginia Tech Extension Service

Extension Answers

■ EXTENSION, from Page B2

from other foods in your refrigerator and helps prevent the loss of carbon dioxide and moisture from the eggs. This is particularly true if you have a frost-free refrigerator. Store eggs with the large end up to keep the yolk centered.

Raw eggs in the shell will keep in the carton for about four to five weeks beyond the pack date without significant quality loss. The pack date is usually a number from

1 to 365, representing the day of the year starting with Jan. 1 as 1 and ending with Dec. 31 as 365.

Properly handled and stored eggs rarely spoil. If you keep them long enough, they are more likely to simply dry up. Do not leave eggs out at room temperature. Eggs will age more in one day at room temperature than they will in one week in the refrigerator. Room temperature is also an ideal temperature for bacterial growth. □

Sometimes all it takes is one bad egg

How long can I keep eggs in the refrigerator?

According to the Encyclopedia from the American Egg Board, egg cartons from USDA-inspected plants must display the date the eggs were packed. Although not required, they may also carry an expiration date beyond which the eggs should not be sold. In USDA-inspected plants, this date can not exceed 30 days after the pack date,

forts of Mother Nature and the egg industry, eggs are still perishable food and should be treated accordingly. Because eggs lose quality rapidly at room temperature, buy AA or A graded eggs from refrigerated cases only. Then, get them home quickly and refrigerate immediately. Keep eggs refrigerated at 40 degrees or lower until you are ready to use them. Although only clean, uncracked eggs pass the grading process, breakage can oc-

**EXTENSION
ANSWERS
LINDA CHILDERS**

however, it can be less than 30 days.

Eggs are one of the safest animal protein foods. Despite the best ef-

cur once the eggs have been packed and shipped. Discard any eggs that are unclean, cracked, broken or leaking.

Unless you seldom open the refrigerator door, it is best to place your eggs on an inside shelf. Repeated opening and closing of the door causes temperature fluctuations and can result in breakage. The egg carton helps keep the eggs from picking up odors and flavors

■ See **EXTENSIONS**, Page B7

Playground kick-off

If you don't eat your vegetables ...

I have a problem getting my four-year-old to eat vegetables. Do you have any suggestions?

Do you know why your child will not eat vegetables? Is it the taste or the consistency? Consistency is often a problem with getting children to eat a particular food. Like adults, some children do not like the feel of soft, mushy things in their mouth. Others do not like to chew and therefore do not like hard, crisp foods. If this is the case, you can change the way you serve the food.

It may be that you can change the shape of the food you serve to the child. Some children find it difficult and frustrating to use a spoon. Try serving the food in a way that a child can eat it as a finger

**EXTENSION
ANSWERS
LINDA CHILDERS**

food.

How do you season the food? If you traditionally add pepper or some other spice to vegetables, it may be that the child does not like the seasoning. Experiment to determine if this might be the problem. Or it may be that you can add a spice to perk up the flavor. I do caution against teaching a four-year-old to want fat, sugar or salt

added to his vegetables.

Consider vegetable soups or casseroles if the child will eat them. Add vegetables to salads when appropriate. Diced carrots add color and texture to a tuna salad. Grate or chop vegetables and add to foods like meatloaf or spaghetti sauce. You can even chop them small enough to hide if you need to.

Mothers and fathers should all ■ See **EXTENSION**, Page B3

Extension answers

■ EXTENSION, from Page B2

ways speak positively about vegetables. If a four-year-old boy sees his parents enjoying vegetables, he is likely to want to imitate them. Likewise if the parents do not eat vegetables, then the child sees no reason why he should.

It is critical for children to get the required nutrients at a time in their life when they are growing and developing so rapidly. Not only do they need food for growth and development, their bodies must continually maintain and repair the

tissues of their bodies.

The recommendations from the Food Guide Pyramid is for three to five servings of vegetables daily. Serving size for children is one tablespoon per year of age. Your four-year-old son should have three to five servings of vegetables daily. Each serving should be four tablespoons. If you are serving raw vegetables, do not be overly concerned about measuring, make a judgment about the amount. Sometimes you will have less than a serving, other times it will be more than a serving. It will average out. □

What's that stain and how do I get it out

I have a spot on my carpet that I cannot identify. How do I remove it?

The best that a homemaker can do to identify a spot or stain is the use of the senses. Take a good look at the stain. You can eliminate many possibilities by just looking at it. For example, if it is red and thick, you know it is not a coffee stain. If it is yellow, it may be mustard.

If the stain is still wet, feel of it. Is it thick and oily? Is it thin and watery? Is it sticky? Is it grainy? If it has dried, can you brush it off? Has it been completely absorbed and left no residue except a discoloration? Has it left a hard stain or spot as varnish might do, or is it a soft stain such as you might get with tea?

Can you smell the stain? Some spots and stains are immediately identifiable by smell. For example, if you spill coffee, you can probably smell it without much effort. If you do not mind getting down on your hands and knees, you might get a stronger whiff of what is there. Just remember that if you have a pet or child in diapers, it may not be a pleasant smell.

The other two senses: hearing and taste will not be any help to you. You will not be able to listen to the stain, and you definitely should never taste the residue of a stain or spot in an effort to identify it.

If these efforts at identification fail, consider what activities have taken place prior to the time you first noticed the stain. Did you have a party, could it be a drink stain? Did a friend visit with her dog? Could it be a pet stain? We can't say for sure.

All detergents do a good job, just be sure to follow directions

How do I decide which laundry detergent to use?

Basically all detergents on the market do a good job. This is evidenced by the fact that they stay on the market. The industry will not continue to produce a product that the public is not supporting. A homemaker's choice is a matter of personal preference.

In addition to the basic cleaning agents, detergents contain any combination of ingredients such as builders, antiredeposition agents, corrosion inhibitors, suds control agents, fluorescent whitening agents, sodium sulfate, water, alcohols, hydrotropes, colorants, fragrances and opacifiers.

The important thing to remember is that you need to follow the manufacturers carefully. Much time, effort and money goes into coming up with the formulation of the "recipe" for the detergent. Often folks think that if a half cup will do the job, then a full cup will do twice as good a job, this is not true.

You need to follow both the directions that come with the washing machine and the label directions on the detergent box. If the directions say to use cold water, then use cold water. If it suggests hot water, then use hot water.

If you have a load of laundry that has extra heavy soil, rather than double up on the detergent, the best solution is to divide the laundry load and use the suggested amount of detergent.

Using too much detergent wastes money and leaves the clothes with a dingy color from soap that does not wash out. Using too little detergent will leave clothes with a dingy color from dirt that does not wash out.

out.

The fragrances and coloring agents are mostly there for eye appeal. If you do not like the way your laundry smells, then you might want to change detergents. A strong fragrance from the detergent may also mean that you are not getting it washed out completely.

Fabric softeners also need to be used according to directions. Do not add the fabric softener at the beginning of the laundry load unless the directions specifically direct you to. The softener will be washed away in the first wash water and will not do its intended job. If the directions tell you to dilute the fabric softener before adding it to the rinse water then be sure you do. Otherwise the fabric softener will stain the clothes.

We consider the laundry a chore. However, we need to remember that if we use our equipment and supplies as intended they really do a good job.

EXTENSION ANSWERS

LINDA A. CHILDERS

Safe food even during a power outage

When the power goes off, what can I do to keep the food in my freezer and refrigerator safe?

This question did not come from a local homemaker, however, it triggered my thinking that this is information that folks need immediately should a power outage occur. Often if there is no power, there is no telephone. For that reason, it would be a good idea to clip this article and save it. Why not put it in an envelope and tape it to the back of your freezer. It will be out of your way and you will not be as likely to have to hunt for it when you need it.

If you have a battery operated radio listen to see if they report how long until the power will be restored. If you do not have such a

one day. If the freezer is not full, group packages together so they will retain the cold more effectively. Be sure to keep raw meat and poultry items on a tray so that if they begin to thaw, their juices will not drip on other foods.

If the power will be out for a longer period than your freezer will maintain the cold, you may want to put dry ice in your freezer.

Never touch dry ice with your hands or breathe its vapors in an enclosed area.

In the refrigerator, food will usually keep for four to six hours, depending on how warm your kitchen is. If the power will be out for a longer time, you may want to add block ice to the refrigerator to keep it cool.

See EXTENSION, Page B3

EXTENSION ANSWERS

LINDA CHILDERS

radio, check your car radio or call the power company to see if they know how long the power will be off. If it will be back on in a couple of hours, everything should be fine, as long as you keep the door to the freezer and refrigerator closed.

A fully stocked freezer will usually keep food frozen for two days after losing power. A half-full freezer should keep food frozen for about

Extension answers

EXTENSION, from Page B2

There are no easy answers when you are trying to make a decision as to whether the food is safe to eat. If food still has ice crystals or feels cold it can be refrozen. You should discard any thawed food that has risen to room temperature and remained there two hours or more. Immediately discard anything with a strong color or odor.

There is not as much concern about the safety of fruits and vegetables as there are other foods, however, the quality of thawed and refrozen fruits and vegetables is significantly affected. You will prob-

ably want to use the fruits for cobblers or spreads. The vegetables will be satisfactory for casseroles and stews. The thawing and refreezing process causes a breakdown in the membranes that gives fruits and vegetables their characteristic form and texture.

When a power outage is not a concern, be sure to keep your ice trays filled and fill any available freezer space with containers of water. The frozen containers can be used to help keep the refrigerator and freezer cold if we should experience a power outage later. □

Stains require immediate action

How do I get grape juice stain out of a white tablecloth?

With any stain, you will get your best results when you take immediate action. Blot as much of the juice from the tablecloth as you can. If the fabric is washable, pour water through the stain to remove as much as possible. Do not use soap with your first efforts to remove the stain. Let the water pour through the stain and down the drain. This method prevents redistributing the grape juice throughout the tablecloth.

If you still have some lingering spots, wash the tablecloth with bleach in a regular wash load of bleachable laundry. Homemakers often want to add extra bleach. This should not be necessary. Bleach should work quickly on fruit juice. Let the tablecloth air dry to make sure the stain is gone. Remember that many fruit stains are not visible

that you do not forget it is there and throw the tablecloth in the washer and dryer. Heat will set juice stains, making them almost impossible to remove.

It is not likely that you would have a tablecloth that is not washable, but you might have one that is brightly colored. Before using a tablecloth where you might get stains that would require bleach, consider that a spill might occur and how you will deal with it. Grape

EXTENSION ANSWERS

LINDA CHILDERS

Know your hamburger and your ground beef

At the meat counter, what is the difference between ground beef and hamburger?

The package label will indicate whether the product is ground beef, hamburger or some other type of ground meat such as poultry or pork. The terms "ground beef" or "hamburger" indicates that the meat is ground beef. Ground beef and hamburger can be from either fresh or frozen cuts of beef, or a combination of fresh and frozen cuts. Ground beef and hamburger must have no more than 30 percent fat. They cannot have any added seasoning, water, phosphates, binder or extenders.

The difference between ground beef and hamburger is that hamburger may have beef fat added to it while no fat may be added to the ground beef.

When you buy ground beef, you want to choose the kind with the most value. Ground beef is sold in different levels of "lean." The percentage of lean is given on the package label. A label that says, "not less than 85 percent lean meat," means that lean meat makes up at least 85 percent of it and fat

Hamburger may have beef fat

added to it while no fat may be

added to the ground beef.

els. Carefully blot the meat with a paper towel.

balloon-popping possums

mates see to it that the

voice from on high after



EXTENSION ANSWERS LINDA CHILDERS

the package with the highest lean percentage without considering the price. Ground beef that is labeled "not less than 73 percent lean" is suitable for dishes in which you can remove some of the fat from the cooked meat, such as Sloppy Joes, chili, and spaghetti sauce.

Packages labeled "not less than 80 percent fat" would be suitable for burgers, meat loaf, meatballs, casseroles and Salisbury Steak. Ground beef that is labeled "not less than 85 percent lean" are more suitable for low calorie recipes or combination dishes where it would be more difficult to remove the fat.

If you buy meat with the high percentage of fat, you can reduce the fat by rinsing it away. After browning ground beef, use a slotted spoon to transfer the meat to a plate lined with white paper towel.

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Don't leave it to luck to keep potluck food safe

How can I be sure that food I take to a potluck lunch is safe at meal time?

The recent media account of two deaths traced back to a community potluck meal has prompted much conversation and many questions. At a time when we are all deciding what to take to events such as a church dinner, a family holiday meal, an office party or a special community event, this outbreak of foodborne illness got our attention.

Potluck meals are a part of the festivities during the holidays and can be fun and safe if care is taken to prevent foodborne illnesses. Remember, the foods most often involved are high protein foods held at dangerous temperatures for too long. Just as dangerous are other foods cross-contaminated with bacteria from the high protein foods and held at unsafe temperatures for too long.

Be sure all meat and poultry products are cooked to the correct temperature using approved thawing and cooking procedures. After cooking, meat should immediately be cooled and refrigerated. If meat needs further preparation, such as for a salad or casserole, allow it to stay at room temperature for the shortest amount of time possible. For example, if you are making a recipe that contains cooked meat, chicken or fish, have all other ingredients measured and mixed before you take the meat ingredients out of the refrigerator. Work quickly and return the finished product to the fridge immediately.

EXTENSION ANSWERS LINDA CHILDERS

Keep hot foods hot for a short trip by wrapping them in clean towels and burying them in newspaper packed in a corrugated box, or transport in an insulated cooler. Take along a warming tray to keep the food hot during serving.

If you are traveling with refrigerated food, pack it in an ice chest and keep the food wrapped and nestled in ice cubes or freezer gel packs. Wait until the meal is ready to be served before removing the food from the ice chest unless there is refrigerator space for holding the food.

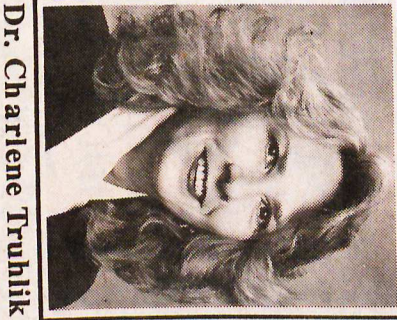
Evaluate your recipes to determine ways to eliminate potentially dangerous foods if possible. For example, hard cooked eggs could be eliminated from a potato salad recipe. Can you measure all ingredients and take them to the site and mix the recipe immediately before serving? As you decide what to take, base your choice on a dish you are confident will be safe.

If you have any concern that anyone in your group ignores sanitation and safety practices in food preparation, determine which dish they brought and assess its potential for foodborne illness. Don't eat from that dish if you have any doubts about its safety. □

Smyth County — A land rich in history

Smyth County is an area that is rich in natural beauty and local history. The county is home to the towns of Chilhowie, Marion and Saltville.

Town of Chilhowie
The Town of Chilhowie was founded by Colonel James Patton. Located on a broad plain through which the Middle Fork of the Holston River runs, approximately 100 and a half miles from the town of Saltville, the town of Chilhowie is a beautiful area with many scenic views. The town is home to many historic sites and is a popular destination for tourists. The town is also home to many businesses and is a vibrant community.



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Americans' favorite exercise is walking. It's easy and inexpensive, and it doesn't require special skills or equipment. It can be done safely any place at any time by people of almost any age in almost any condition. Researchers are now concluding that regular moderate exercise like walking may increase the quantity, as well as the quality, of life.

One in ten Americans has a serious back problem...

right now! That person could be your neighbor...your

doctor...your grocer...your mechanic...your kid's

teacher...your best friend...your spouse...or YOU!

Anderson lived in Troutdale and Marion from the late 1920s until his death at the age of 64 in 1941. The Smyth-Bland Regional Library, located on Shaffey Street, now houses the Sherwood Anderson Archives. The archives include first editions of many of Anderson's books, some correspondence of his, photographs by a *Life* magazine photographer, and other materials that chronicle his life.

Anderson is buried in the Roundhill Cemetery in Marion. His book "Hello, Towns" details his time in this region.

valley has a flat mud layer, which

mammals, consumed fish, reptiles and birds living near the river. The floor of the Saltville

valley has a flat mud layer, which

valley has a flat mud layer, which

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Tomato canning tips

Why is it recommended to add lemon juice when canning tomatoes?

This is one of several questions I have had this year regarding canning tomatoes. Perhaps I can answer several of those questions with this article.

Tomatoes are near the dividing line for classifying a food as acid. Most varieties of tomatoes can be classified as an acid food if they are grown under normal conditions and harvested at optimum ripeness. However, many conditions can affect the pH of tomatoes.

EXTENSION ANSWERS

LINDA CHILDERS

It is not possible for the home food preserver to determine the exact acidity of a batch of tomatoes, so the current recommendation is either bottled juice or citric acid be added as a safety measure.

See EXTENSION, Page B7

Extension answers

EXTENSION, from Page B3

The amounts recommended are two tablespoons of bottled lemon juice or one-half teaspoon crystalline citric acid per quart. Vinegar can be used but it is less effective than bottled lemon juice or citric acid and can have an adverse effect on flavor.

If acid is added to tomatoes, they may be processed in either a boiling water bath or a pressure canner. The recommendation for quarts of crushed tomatoes is 45 minutes in a boiling water bath or 15 minutes at 10 pounds pressure in a pressure canner. One caution is that if you add any other vegetable to the tomatoes, such as green pepper or celery as might be called for in some tomato sauce recipes, you must process for the vegetable requiring the longest processing time. For example, quarts of mixed vegetables must be processed for 90 minutes at 10 pounds pressure.

What about yellow tomatoes? Traditionally we thought yellow tomatoes were not as high in acid

as red tomatoes. The most recent information I have is in a study done by the ARS Eastern Regional Research Center which found yellow tomatoes to be as high in acid as the red tomatoes. Therefore, current USDA directions for canning tomatoes should be used for both red and yellow tomatoes.

Another tomato product many homemakers are trying is salsa. There are many salsa recipes floating around. If the recipe is not from a USDA approved canning guide, be very critical when deciding how to process. Remember that even though it is a tomato product, if you add onions and peppers, you are lowering the acidity and all low acid vegetables need to be processed in a pressure canner. If the recipe calls for lemon juice or vinegar, it might be acid enough. If in doubt, use a pressure canner.

The recent media concern with foodborne illnesses should be a reminder to all of us to take seriously all warnings regarding food safety. □

Page 12 - May 1997

Smyth County: A land rich in history

SMYTH, from Page 10

was razed in 1908 and reconstructed in 1974.

The first landowner in Saltville was Charles Campbell. In 1748, he was given the first patent of land at Salt Lick and the patent passed to his son William upon his death. In 1776, William married Elizabeth Henry, sister of good friend and fellow patriot—Patrick Henry. When William died, the land passed to his young son, Charles and later to Charles's sister Sarah. Elizabeth then married William Russell, another general of the Revolutionary War fame. They constructed the Madam Russell House in 1788.

King-Stuart House. The house was constructed in 1795 by William King. King's name and memory are perpetuated today in William King Arts Center in Abingdon and the city of Kingsport, which was originally spelled King's Port. In 1795, King moved into the Saltville Valley, purchased 150 acres, built his log home, and began to manufacture salt.

In 1856, the property was purchased by William A. Stuart, brother of the Confederate general J.E.B. Stuart. After J.E.B. was killed in 1864, Mrs. Stuart moved to Saltville and lived in the log home.

William A. Stuart House. In 1856, William Stuart moved into this house on the southeast side of the valley. His son Henry was raised in Saltville and went on to become the Governor of Virginia from 1914 to 1918. The home is still owned by the descendants of Stuart. It can be observed from Highway 91 but is not open to the public.

Elizabeth Cemetery. The land of the Elizabeth Cemetery was set aside in 1825 by Elizabeth Russell. Burials date from the late 1700s and of particular interest is the Stuart family plot near the entrance, which includes graves of Archibald and Elizabeth Stuart, J.E.B. Stuart's mother and father, and William A. Stuart and Mary Heddon, J.E.B.'s brother and sister.

guarded all of the entrances into Saltville.

Most of these earthen works remain preserved but also require lengthy hikes in order to view them. The only trench easily accessible lies below the battlefield overlook just a hundred feet off Buckeye Street. This entrenchment, which overlooks the Holston River, was in the midst of the Oct. 2, 1864 battle.

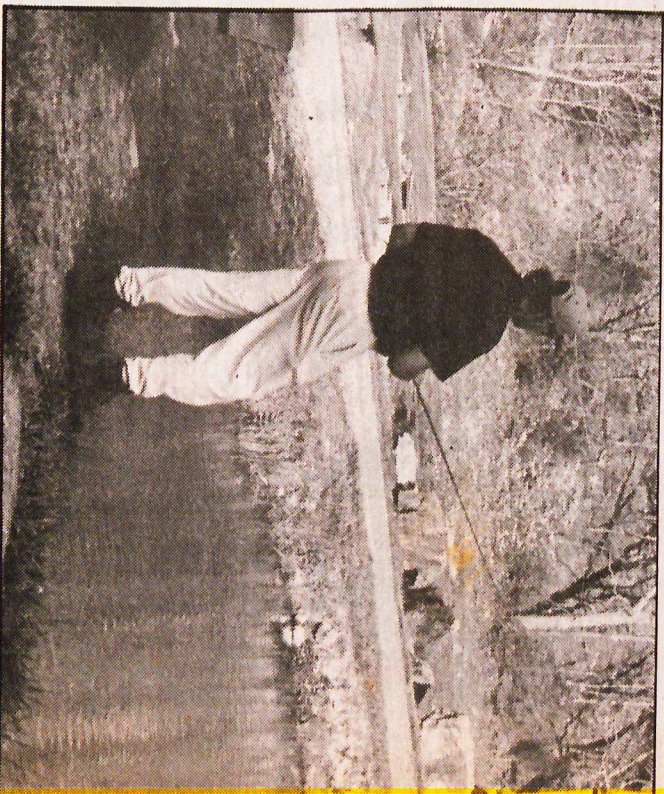
Fort Breckinridge, an earthen fort which guarded the western approaches to the valley, requires a round-trip hike of almost a mile. It lies north of the Salt Park and was named for General John C. Breckinridge who commanded Confederate forces in Saltville and all Southwest Virginia in 1864.

Other Attractions in Smyth County

The Settlers Museum of Southwest Virginia. The Settlers Museum is located in the Groseclose community of Smyth County, in Atkins. The museum is a historic research and documentation of the Phillippi Farm of the late 1800s.

The museum contains a restored 1864 one-room schoolhouse (The Lindamood School), a 1780 reconstructed frontier farm, a late 1800 farm and a Visitor's Center.

The museum's site, furnished under an agreement with the U.S. Forest Service, is approximately 180 acres. The land on



GOOD FISHING: Trying his luck at Flamingo Springs Trout Ponds

caught and no license required. Prices range from \$1.65 a fish (10-12 inches long) in one pond. In the trophy pond, fish average 1-6 pounds and cost \$2.50 a pound.

Several small picnic areas are available as well as bait, ice and drinks.

Flamingo Springs is open year-round from 10 a.m. - dark on weekdays and from 8 a.m. - dark on weekends. For more information call (540) 646-3014.

Mount Rogers National Recreation Area. Popular campgrounds in the MRRNA include Beartree Campground near Damascus, Grindstone

Raven Cliff Horse Camp and Old Virginia Group Horse Camp

The Mount Rogers National Recreation Area offers several opportunities for horseback riding. Horses are welcome on more than 150 miles of multiple use trails including Iron Mountain, New River, Virginia Creeper and the Virginia High

lands Horse Trail. For more information or to make reservations for anything except camping in Grindstone call (540) 783-5196.

Another outdoor favorite is the Clinch Mountain Wildlife Area, located in northwestern Smyth County and parts of

discover



Is it cider or juice?

What is the difference between apple cider and apple juice?

This question sent me on a search of the files because I was not sure. After checking an old Extension publication, a USDA brochure and a pamphlet prepared by Virginia Department of Agriculture and Consumer Services and the Virginia State Apple Commission, I found there is no difference. The information from the Apple Commission describes apple juice as being sterilized by pasteurization, and prepared from the first pressings of apples. It is available clarified and non-clarified. It is sometimes marketed under such labels as cider, apple cider or sweet cider.

"Country cider" generally refers to an unclarified, non-pasteurized apple product that is normally prepared in a farm mill and sold at roadside stands. Hard cider is fermented apple cider. Fermentation of the cider means that the sugar has turned to alcohol.

The term "clarified" on an apple cider container means that some or part of the pulp has been removed. It might read clarified, non-clarified or partially clarified.

My concern with the purchase of apple juice or apple cider is that you buy a pasteurized product. There is a potential for the e-coli bacteria to be present in apple products that have not been pasteurized. Therefore, buying homemade apple cider

from a roadside stand is not a good idea from a food safety point.

You should remember from earlier articles that e-coli bacterial lives in the intestines of animals. If a local cider maker is making the cider from apples where cows or hogs have been allowed to roam, it is possible that the apples might be a carrier of the e-coli bacteria. This is especially true if the apples are being picked up from the ground. The only way to destroy the e-coli is with heat treatment. It is very difficult to pasteurize any product to the correct temperature for the correct amount of time and not end up with a cooked product if you are trying to do it at home.

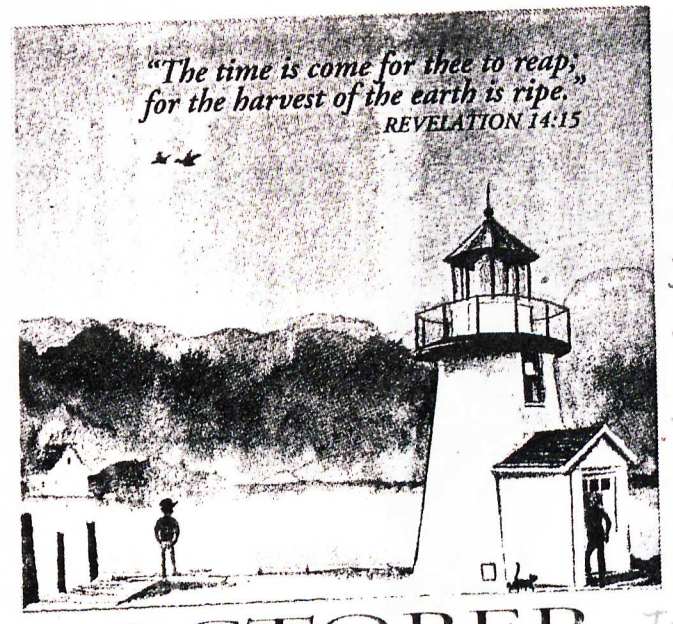
Apple juice is a very nutritious addition to any meal. It is also an excellent snack beverage. Just make sure you are buying and serving a pasteurized product.

I asked a friend who has worked with the apple industry for years the difference in apple cider and apple juice. Her reply was "one comes in a bottle, one comes in a jug." □

EXTENSION

ANSWERS

LINDA CHILDERS



OCTOBER

Hostess: Joy

Devotions: _____

Leader: _____



NOTES

We went to Joy's house and made a quilt. (we took it) Top had been made another time.

Joy gave us a delicious lunch.



How to care for wooden utensils

EXTENSION ANSWERS

LINDA A. CHILDERS

Wood absorbs water and is cracked or warped easily if it remains in contact with water for any length of time. Woodenware such as pastry boards, rolling pins, salad bowls and salad sets should be cleaned promptly after use. Wipe them with cold water, wash quickly in lukewarm suds, rinse with cold water and dry immediately. Leave on counter until thoroughly dry.

Remember wood is porous and should not be washed in a dishwasher or left to soak in dishwater. You should not stand woodenware on its edge, bowls and boards will warp. Do not stack wooden salad bowls until they are dry. All wooden items should be thoroughly dry before storing.

Thick items, like rolling pins or cutting boards, will crack if allowed to absorb moisture. These utensils should be washed with a cloth and dried immediately. Water should not be allowed to remain on any glued joining.

Since wooden bowls should not be chilled or heated, only room temperature foods should be served in them. If cold salads are served in wooden bowls, put the salad in the bowl immediately before serving. If warm foods are served in the bowls, it should also

be added to the bowl immediately before serving. Never put your wooden bowls in the refrigerator or microwave.

Never store highly seasoned or fragrant items in a wooden bowl. Because the wood is porous, it will absorb the odors from anything that is left in it for any length of time. Never display potpourri in wooden items that you plan to serve food in.

Fresh fruit stored in a wooden salad bowl makes a beautiful centerpiece or counter arrangement. Be careful that the fruit does not decay in the bowl. The moisture from the decaying fruit could ruin the bowl.

Unless you have designated a wooden bowl as the "catch all" on the kitchen counter, do not leave it out. Family members passing by may toss art markers, nails, candy, bottles of glue or other items into the bowl and ruin it. □

Lead poisoning and its sources

Lead poisoning in the home is being discussed frequently in the news lately. How does lead get into the home?

Until the 1970s, lead was used in house paints. Many homes still have lead paint. As paint chips, peels or wears off, lead dust is created. Until the 1930s, lead was used for water pipes in the home and for connections to public water systems. Prior to 1980 lead was often used to join copper pipes in home plumbing systems.

Until the 1980s, leaded gasoline was used in cars and trucks. Exhaust from these engines spread lead into the air, which then settled into the soil. Lead dust from contaminated soil can be carried into your home through open windows or tracked in by people and pets.

Lead was also used in the seams of metal food containers at one time. It is still used in some food cans from other countries. Lead has been used in ceramic glazes for pottery and china almost since people learned to make pottery. In

EXTENSION ANSWERS

LINDA CHILDERS

Experts agree that lead is of no value to your body. Lead is stored in your body, and over time the amount of lead increases. It can damage many parts of your body, including blood, kidneys, nervous system and liver.

Children, infants, and fetuses are at greatest risk from lead. Because their bodies are small, much smaller amounts of lead will cause problems. Also, because children and infants are growing rapidly, the effects of lead poisoning can happen quickly. Lead can damage a child's mental and physical devel-

opment, and result in lifelong problems.

Tests can show high blood levels of lead. Medical treatment can reduce high levels of lead. However, damage to your body from lead poisoning is permanent. If you have any concern about your children and the possibility of lead poisoning, see your physician.

Many agencies are working to reduce lead in the environment by setting and enforcing standards. Lead has been reduced to very small amounts in household paints, gasoline, drinking water, plumbing systems, ceramic glazes, and food containers. However, older homes, older products and products from other countries can still contain dangerous amounts of lead. Experts believe that our soils, particularly in cities and near highways, will continue to be a problem source of lead for a long time. □

How much canning can one family eat?

Are there any guidelines as to how much food I should can or put in the freezer for my family?

EXTENSION ANSWERS

LINDA CHILDERS

This is a question I get every year at the beginning of the food preservation season. Usually by the time I get around to getting it in the paper, folks are already well into their canning and freezing. For that reason, I decided to answer the question before it actually came to the office.

There are things you should consider when you are trying to decide what you will preserve for out of season use. The first is your family likes and dislikes. If your family really likes corn on the cob when it is fresh from the garden but will not eat it if it comes out of the freezer during the winter months, then there is no need for you to use your freezer space for corn.

You also need to consider how much the family will eat. Even if they really like the frozen corn on the cob, how many times a week will they want corn? Remember that with a good planting plan you

can have fresh corn from the garden for 4-6 weeks during the summer. There is no need for you to freeze one hundred packages of corn if your family will only eat 30 packages during the winter.

Do not stockpile too much food. Preserve for one year. It is rare to have a complete crop failure in any one year. Food will be safe to use for longer than one year storage but will lose quality.

Consider the year-round availability and cost of the food from the grocery store. For example, fresh carrots, potatoes and cabbage are examples of vegetables that are available year-round at reasonable costs and fresh is much better than

■ See EXTENSION, Page B6

Extension answers

■ EXTENSION, from Page B3
canned or frozen.

Remember the cost of added ingredients such as sugar, salt, or vinegar as well as the cost of the food itself. It is easy to calculate the cost of purchased produce but it may be more difficult to determine the cost of homegrown produce. Cost of seeds or plants, tilling, fertilizer, pesticides and water for irrigation must be considered along with yield in calculating the actual cost.

Electricity needs to be considered in the cost of preserved food. More electricity is required for freezing than for canning because electricity is used only at the time of processing canned foods but is used continuously to keep food frozen. Special equipment is needed for most food preservation. A \$400 freezer or a \$75 pressure canner may be prohibitive for the begin-

ning preserver. Remember to add in the cost of the cans and lids or freezer containers.

Canning and freezing food take time. If you work away from home, you may have little time to invest in food preservation. Even if you are a full time homemaker, you may find more profitable ways to spend your time than canning more food than your family will eat.

And finally, consider the food left from previous years. Plan to use it first and reduce the amount to be preserved this year.

Remember, it is better for food to go to waste in the garden than it is for you to can or freeze too much and end up wasting the time you used in preservation, the cost of the electricity, the cost of the added ingredients, the canning supplies, in addition to the food when you have to throw it out later because you canned too much. □

Lead-based paint and rental housing

How does the "Real Estate Notification and Disclosure Rule" affect rental housing?

To protect the public from exposure to lead from paint, dust, and soil, Congress passed the Residential Lead-Based Paint Hazard Reduction Act of 1992, also known as Title X. Section 101.8 of this law directed HUD and EPA to require disclosure of information on lead-based paint and lead-based paint hazards before the sale or lease of most housing built before 1978. The rule would ensure that purchasers and renters of housing built before 1978 receive the information necessary to protect themselves and their families from lead-based paint hazards.

EXTENSION ANSWERS LINDA CHILDERS

The rule's effective date for owners of more than four units was Sept. 6, 1996. For owners of four or fewer units, the effective date was Dec. 6, 1996.

There are four types of rental housing that is not affected by this ruling. Zero-bedroom dwellings such as lofts, efficiencies, and studios are not affected. Neither are leases of dwelling units of 100 days. ■ See LEAD, Page B7

Lead-based paint

■ LEAD, from Page B3
or fewer, such as vacation homes or short term rentals. Housing designated for the elderly and the handicapped unless children reside or are expected to reside there are exempt. Rental housing that has been inspected by a certified inspector and is found to be free of lead-based paint is not affected.

Property owners who rent out target housing must disclose all known lead-based paint and lead-based paint hazards in the home and any available reports on lead in the housing. Property owners must give the renters the EPA pamphlet "Protect Your Family from Lead in Your Home." The property owner must include certain warning language in the lease as well as signed statements from all parties verifying that all requirements were completed and must retain acknowledgments for three years, as proof of compliance.

Property owners are not required to give the pamphlet and any avail-

able reports to existing tenants but must give them the pamphlet and any available reports when they renew the lease.

Nothing in the rule requires the owner to remove lead-based paint or lead-based paint hazards discovered during an inspection or risk assessment. The rule is designed to ensure that renters of property built before 1978 receive the information necessary to protect themselves and their families from lead-based paint hazards.

If rental housing has been found to be free of lead-based paint by a certified inspector, this rule does not apply. However, landlords seeking an exclusion to this rule must use state certified inspectors.

Owners of rental property should contact the National Lead Information Clearinghouse at 800-424-LEAD to obtain a copy of "Protect Your Family from Lead in Your Home" and sample disclosure forms. □



**JOY
SCOTT**



We were all present

He's hitching his Sugar Grove's Larry Hutton keeps

By GLENNA ELLEDGE/Staff

Larry G. Hutton of Sugar Grove is a man with a 'pocket full of dreams' (the name of his first cassette album); and to him, music is his passion, his love, his friend, his life. For 20 years he has been the piano instructor at Sugar Grove Combined School and he has provided private piano instruction as well.

There are few people in Smyth County who have never heard of him. As a growing teenager Hutton marched through the streets of Saltville, Chilhowie, and Marion with the Marion Senior High School band in parade after parade. He was featured on the saxophone and the keyboard in a number of the band's concerts.

Few who saw the Sugar Grove Baptist Church's entry in the Christmas parade's of 1978 will ever forget his dramatic portrayal of Christ on the "Home For Christmas" float entered by the church youth. In the religious category, that float took a number of first place awards. This was back during Hutton's days as youth director for the church and with Granny Plummer, Sugar Grove's "Minnie Pearl," Hutton was writing and producing skits, climbing mountains and dreaming up attention-grabbing weekend activities for the youth of Sugar Grove. Under his and Granny Plummer's influence, the church youth continued year after year to enter imaginative floats in county parades.

Back in the late 1970s and early 1980s, a national competition in contemporary Christian song-writing was held in Colorado each year during the first week of August. Hutton had written a contemporary Christian song and in 1981 it was good enough that it ended up being his ticket to his first national competition. This was the same year he broke his leg, but Hutton, in his hip-length leg cast, took off for Colorado and the beginning of his enduring love affair with that state.

"It was after I had been to Colorado that first time that I really got into song writing seriously," Hutton said. "For the next seven or eight years I was writing at least one contemporary Christian song a year just to enter those competitions."



Glenna Elledge

Larry Hutton holds his latest musical dream — his new CD.

wagon to a star chasing his musical dreams

his songs from that first album.

The producer of "National Star Seek" is Gloria Jean Diamond. Diamond is also the owner of Gloria Records and an associate of SoundChoise, one of the major recording studios in Nashville. Following Hutton's appearance on television, Diamond told him if he ever decided to

record another album to let her produce it for him.

The opportunity to sing songs he had written with nationally recognized musicians as back up and record at a state-of-the-art studio was beyond Hutton's wildest dreams. The cost would be astronomical. See HUTTON, Page B8

■ HUTTON, from Page B1

ical, and besides, he didn't have ten new songs. As a matter of fact, he had not written even one since that first recording. Months passed. Then one day he wrote an easy-listening song, "Colorado On My Mind." The creative part of his brain kicked in and he wrote another, "Sixteen Again."

By the time Hutton had finished writing the second song, he had started dreaming the new dream. Within one month of this he had written eight more songs. He now had

sec/ great-grandfather Ism Anderson on Sunday afternoons.

"There was nothing over there to interest a growing boy," Hutton said, "not until Ism brought out that fiddle of his, fired the place up, and the music seemed to ring through those hills."

It is, however, his grandmother Lira Hamm Hutton who receives major credit for Hutton's musical skills. After the death of her husband, Clay Hutton, Lira moved in with her son, Gayle, and his family. This was when Hutton was about seven years old and just starting to take piano lessons. When other kids were out playing, Grandmother Lira was seeing to it that Hutton was practicing his piano.

"If Grandmother Hutton hadn't lived in the house with us, I would never have developed the skills that I have," Hutton said.

But it was during his years in the band under the direction of Roy Evans that Hutton became involved for the first time with music.

"I think everybody who studied music under Roy Evans found him inspirational," Hutton said, "and I definitely consider him a mentor."

This is the background that resulted in Hutton's piano-playing and song-writing skills. His many years of singing in church

This second time around it was another person who made his dream become reality. Dr. Jimmy Fowler agreed to sponsor a Nashville recording.

Hutton's second album is on CD and his wildest dreams are already coming true. The album is getting air play, at least two stations have picked it up, WYVE in Wytheville and WHHV in Hillsville. The album is also getting television exposure on the "National Star Seek" show.

choirs "tuned" his voice.

"I don't consider myself a great singer," Hutton confessed, "but I am the only person who can interpret a song that have written the way I want."

After years of writing songs just to enter the Colorado competitions, Hutton hitched his dream to a star when he financed the recording of his first cassette. The songs had already been written; it was, he said, just a matter of deciding that he would like to record them.

That first time around, Hutton went to the Jim Christian recording studio Abingdon. Basically, he explained, the provide the musicians, the artist record the vocal, they put it in a mix with the music and put it all together, send it off for the graphics, and produce it as a completed package.

Considering it was a local project, Hutton said, that first cassette, "Pocket Full Of Dreams," did real well.

Achievement of that first dream gave birth to another; to appear on television singing one of his original songs. There was a show on television at the time called "National Star Seek." To audition for the show all an artist had to do was send in audio of their work. Hutton did this, and on Feb. 19, 1996, he went to Nashville and sang — on national television — one

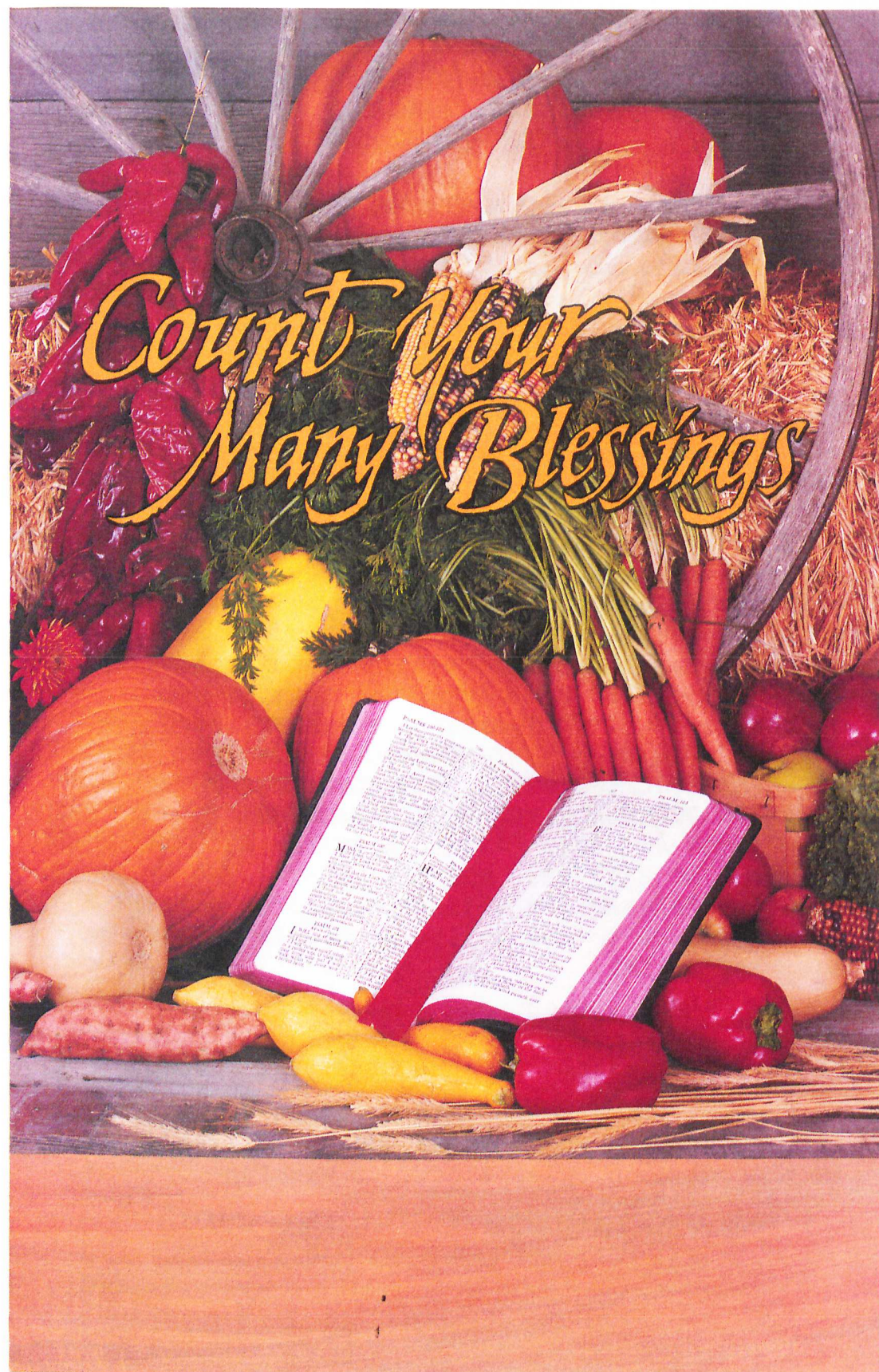
The week-long competitions opened with a formal ceremony that featured a nationally recognized artist. Each year the opening program was designed to "fire-up" the would-be song writers for the long week of workshops ahead.

"The seeds were already there, but it was in all those workshops that I learned the structure and the mechanics of song writing," Hutton explained.

By "the seeds," Hutton was referring to his grandmother, Lira Hamm Hutton, daughter of Famous Hamm, who built the Hamm-Roberts mill in Teas; to his other grandmother Stella Anderson Shuler, who passed away when his mother was 11 years old; and to his great-grandfather Ism Anderson, an old-time fiddle player from Flatridge in Grayson County.

It was his grandmother Stella Anderson Shuler, whom he never knew, that was the song writer in the family. Two of the songs she wrote back in 1943, about three months before she died, will be featured in Hutton's next major project.

As a growing boy, Hutton's mother and father, Grace and Gayle Hutton of Sugar Grove, would take him to visit with his









NOVEMBER

NOTES

New member
Gayla Combs

Discussed
Money-meky
project.

Planned
Dec.
meeting
and luncheon

Hostess: _____

Devotions: Prayer Keeps ^{us} going - Well

Leader: Eva

Business: price & Quilt

Roll Call check balance
918.64

Treasures Report: Eva

Program: Evaluation of Past years
Projects

Hint: Keep candles looking fresh and new. Just
rub a soft cloth dampened with rubbing alcohol
over the stems.

Sage





Joy



Roberta
Seniors

Supervisors pay damages

By LEE ANN PRESCOTT/Staff

The Smyth County Board of Supervisors approved payments for two damage stamp claims at the Tuesday, Nov. 12, meeting. The damage stamp program is a fund which works hand-in-hand with hunting license fees. The county collects the funds and makes payments to citizens whose crops or domestic animals are damaged as a result of hunting or wild animal activities.

Three people filed damage claims at the meeting and the county paid two. The supervisors approved a \$2,000 payment to E.E. Terry for five acres of corn that bears damaged. The county also approved a \$68 payment to Cindy Stone for a veterinary bill. According to her claim, a hunter apparently shot her miniature horse.

North Fork Supervisor Fred Frye said the claim was legally permissible because it was "for a pony that was shot during open game season, ... was shot by big-game hunters and it happened during big game season."

The third damage stamp application was a \$275 claim for a corn crop destroyed by deer. Unfortunately, P.D. Mowbray Jr., the property owner, lives within Marion's town limits.

"Our committee recommended payment if it was legal to do so," said Frye. "After study by the county attorney I think their recommendation was since this occurred in the town of Marion, and you cannot fire a firearm within town, there is no legal claim allowed. ... It's got to be in an area where hunting is allowed."

In other business:

- The board agreed to spend no more than \$2,000 to build a fence approximately 800 feet long around the County Landfill site on Route 107.
- The board reappointed William H.H. "Bill" Blevins as Smyth County's Emergency Services Director.
- Park District Supervisor David R. Boehm was reappointed to Southwest Development Financing Inc., with Sally Morgan as an alter-



Dan Kegley

Smyth County's Board of Supervisors enjoyed lunch at Ebenezer Lutheran Church during a break from their Nov. 12 meeting. Each year, the County Extension Homemakers prepare a luncheon and meet informally with county leaders.

nate who will attend meetings Boehm cannot.

- The board also appointed Boehm to the Chapter 10 Mental Health & Mental Retardation board for a three-year term.
- Pending judicial approval, Saltville District Supervisor Mike Roberts and Rev. James Bangle

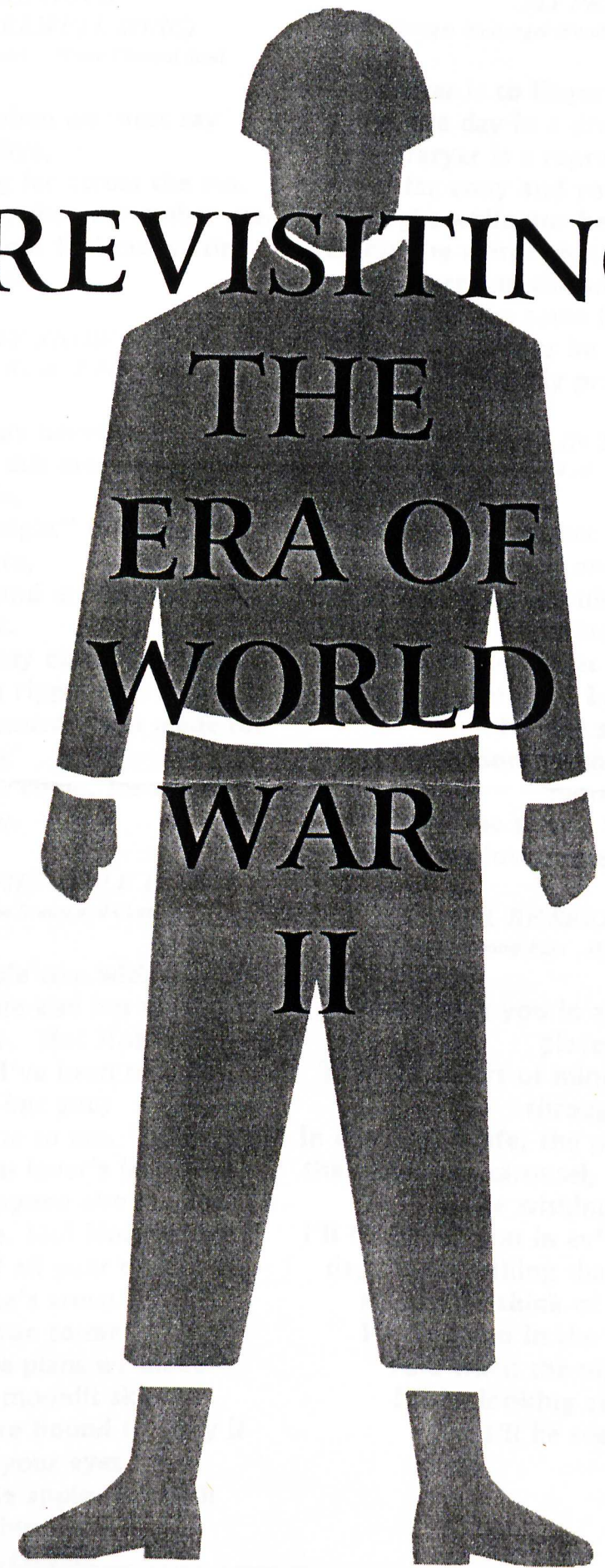
will be reappointed to the Bristol Highlands Juvenile Detention Center Advisory Commission.

- The board awarded a contract to Southern Elevator, of Greensboro, N.C., for elevator maintenance in the Smyth County Office Building. Regular maintenance will cost \$51 per month. □

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News & Messenger

REVISITING THE ERA OF WORLD WAR II



SMILES

Music-Lee S. Roberts Words-J. Will Callahan

There are smiles that make us happy,
there are smiles that make us blue;
There are smiles that steal away the teardrops
as the sunbeams steal away the dew;
There are smiles that have a tender meaning
that the eyes of love alone may see, and the
smiles that fill my life with sunshine are the
smiles that you give to me.

AS TIME GOES BY

Music & Words by Herman Hupfeld

You must remember this, a kiss is still a kiss,
a sigh is just a sigh;
the fundamental things apply,
As time goes by.
And when two lovers woo, they still say,
"I love you,"
On that you can rely;
No matter what the future brings,
as time goes by.
Moonlight and love songs never out of date,
Hearts full of passion, jealousy, and hate:
Woman needs man and man must have his
mate, that no one can deny
It's still the same old story, a fight
for love and glory,
A case of do or die!
The world will always welcome lovers,
As time goes by.

There'll Be Bluebirds Over

The White Cliff of Dover

Music - Walter Kent Words-Nat Burton

There'll be bluebirds
over the white cliffs of Dover,
Tomorrow, just you wait and see.
There'll be love and laughter
And peace ever after,
Tomorrow, when the world is free.
The shepherd will tend his sheep;
The valley will bloom again;
And Jimmy will go to sleep
In his own little room again.
There'll be bluebirds
over the white cliffs of Dover,
Tomorrow, just you wait and see.

SALUTE TO THE ARMED FORCES

"THE NAVY"

Sail Navy, down the bay,
Anchors aweigh!
We'll never change our course
We're from the U.S.A., ay-ay-ay
We've got a job to do
Over the sea,
Anchors aweigh today as
we go sailing on to victory.
"THE AIR FORCE"

Off we go into the wild blue yonder,
Climbing high into the sun;
Here they come zooming to meet our thunder;
At 'em boys, give 'em the gun,
Give 'em the gun, boys.
Here we are soaring in strict formation,
Guns ablaze....terrible roar!
We live in fame, or go down in flame.
Nothing can stop the Army Air Corps.
"THE MARINES' HYMN"

From the Halls of Montezuma to the
shores of Tripoli,
We fight our country's battles in the air,
on land and sea.
First to fight for right and freedom
And to keep our honor clean,
We are proud to claim the title of
United States Marines!
"THE CAISSON SONG"

Over hill, over dale, we have hit the dusty trail,
and those Caissons go rolling along.
"Counter march! Right about!"
Hear those wagon soldiers shout,
While those Caissons go rolling along.
For it's Hi! Hi! Hee!
In the Field Artillery,
Call off your number loud and strong!
("one, two")
and where'er we go,
you will always know that those
Caissons are rolling along;
("Keep 'em rolling!")
That those Caissons are rolling along.

Viewpoints

On the street

Is this winter going to be a hard one? How do you know?



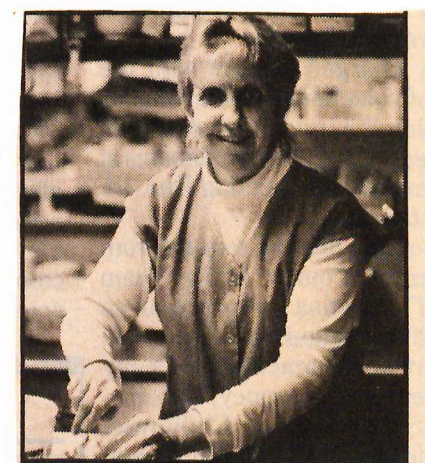
I don't think it is because I don't like bad winters. If it is going to be a bad winter, we'll know because we can't get the muskrat traps out of the river.

Dillion Sexton
Sugar Grove



I think we'll have a bad winter. Every woolly worm I've seen this year has been black. I've read up on it a lot and the papers predict a bad winter. Last year was our first one and this year is going to be our second one. This will be my first prediction.

Margie Bullins
Sugar Grove



Yes, I think we're going to have a hard winter. Maybe that's why I have all these aches and pains.

Theda Hawkins
Sugar Grove

PICTURES FROM THE GREAT WAR

By DAN KEGLEY/Staff

Modern military strategists use an array of technologies in planning battlefield maneuvers. In World War I, military photographers in airplanes took pictures of enemy positions. The photographers dropped the exposed film to motorcycle-mounted "chauffeurs" who carried it to mobile developing and printing laboratories near the battlefield. Chauffeurs then delivered printed photos to headquarters, where generals drew up battle plans based on the photos. The cartoon, drawn by W.J. Enright, depicts a photographic reconnaissance operation.

Charles W. Scott, known to friends in his native Marion as Jake, was a chauffeur in the Army's 9th photo section, 3rd battalion. Scott enlisted at Marion on March 6, 1918, and served until July 1919. He was at the Meuse-Argonne battle in France, Nov. 9-18, 1918 and received the victory medal.

These are photos he sent back from the war to his family in Marion. His son, Jake, loaned them for this page, a special tribute to veterans. Note especially the howitzer, identified in handwriting on the back of the photo as "The last gun that fired, Nov. 11, 1918 at 11:05 a.m." □



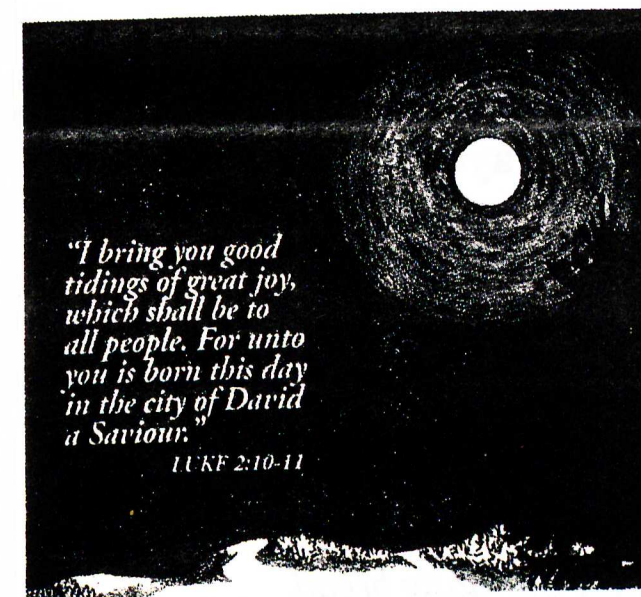
Charles W. "Jake" Scott





A S-65- TRENCHES BETWEEN MONTIGNY & MERVILLER





NOTES

"I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour."

LUKE 2:10-11

DECEMBER

Hostess: _____

Devotions: _____

Leader: _____

Business: year end check-up

Roll Call ✓

Treasures Report: ✓

Program: Christmas luncheon

Hint: Ouch! I always burn myself lighting candles.

Simply use a piece of spaghetti to light candles.

Back-to-school means back to the classroom of 1894 for DAR members

After being first greeted by Mrs. Hugh Slagle, DAR member in costume at the Visitor's Center, members of the Royal Oak Chapter NSDAR went back to school at their July 23rd meeting in the restored 1894 Lindamood school, which is a part of the Settlers Museum of Southwest Virginia at Atkins. Mrs. Maurice Hall, club member, assumed the role of a one room school teacher, being in costume also. Students and teacher went back in time when lessons were taught from McGuffey readers and spellers. (Reprints of the famous McGuffey readers were in the school desks.) They also studied math, grammar, geography, U.S. history and Virginia history.

Virginia did not have a state financed school system until 1869. This school was originally financed by subscriptions by the parents. In 1865 Smyth County had 67 schools, 62 of which were one room schools. These schools usually had seven grades and were taught by one teacher, earning about \$30 a month. The children went to school for five months, from October through March.

The Lindamood school had slate blackboards behind the teacher's desk over which hung the familiar print of George Washington, the first president of the United States.

At the rear was a shelf with a bucket of water and dipper and a place for lunch pails. Beneath the shelf were nails used to hang winter wraps. Children brought their lunch and jumped the rope with grape vine ropes.

The Visitor's Center which houses "The Migration Story" has very professional presentations comparable to Carter's Grove.

According to the Museum brochure, its purpose "is to tell the story of the people who settled the mountainous southwest corner of Virginia and how its

unique culture was developed..."

"The Migration Story of the people who came to these mountains in the mid-1700s, told through a series of displays, ... is a tale of two groups, the Scotch-Irish and the Germans, who carved their farms from the wilderness...."

"The Farm, with its restored farmhouse and nine out buildings, has the look and feel of an average farm in this area 100 years ago. All these buildings have been preserved so none are reconstructed."

But unlike Carter's Grove, there are no slave quarters; the farm is 67 of the original 275 acres. Carter's Grove is a plantation. This museum was founded in 1987. Other areas of the Settlers Museum include:

- 1890 farm and farm house - Mr. Charles Phillippi, interpreter

- Orchard - Here, along with fruit trees, one finds a mulberry tree, a root cellar, a kitchen garden with vegetables and scarecrow, a well house, and farm buildings (barn, machinery shed, corn crib, wagon shed and shop).

At the more recently constructed group shelter, Mrs. Claibourne W. Beattie, regent, conducted the opening ritual and the shortened business session. Mrs. Don Francis, chaplain, had devotions. She also served delicious refreshments. Mrs. Beattie announced a District IV meeting Sept. 16, 9 a.m., Cumberland Gap; the state regent, Mrs. Stephen Hunter; will visit Smyth County on Sept. 14 to view the recently dedicated Revolutionary War Monument.

The next meeting will be the annual picnic at the home of Dr. and Mrs. Henderson Graham on Aug. 20 at 6 p.m. The program is "Causes of the War Between the States." Mrs. George H. Miles is program chairman, with Mr. Charles Seward as speaker.

- Marion Pilot Club



Mrs. Maurice Hall (DAR member) portrays a teacher at the Lindamood School.



Maple Leafs!

Isie Hayes (from left), Helen Russell, Pat and Joan Calhoun show a little spirit as Leaf cheerleaders of 1952 for Sugar Grove school. All those who attended Sugar Grove are invited to a reunion Saturday, June beginning at 3 p.m. at the school.



Sluggers of the '50s

The baseball team for Sugar Grove School in 1953 consisted of (left to right) front: Preston Richardson, Bruce Martin, Robert Hoffman, Ralph Rotenberry, Robert Ward; middle: Bobby Richardson, David Woods, Robert Barton, Max Janell, Rector Currin; back; Charles Hoffman and Coach Bob Coulthard.



Lady Maple Leafs

The Sugar Grove School women's basketball team from 1953 was made up of (left to right) front: Wilma Robbins, Donna Barton, Peggy Slem, Anna Keesling, Mary Barton, Dottie Calhoun; middle: Ruth Dunford, Sylvia Poe, Norma Richardson, Betty Pierce, Jean Slagle, Annette Musick; back: Gay Blevins, Jackie Robbins, Dama Anderson, Thelma Ford, Kay Parks and Coach Ed Goode.

COUNTY
LINES

DAN KEGLEY | Staff

Copenhaver clan felt connected to Diana

Today, the world looks on as the Princess of the People is laid to rest in her hometown. The grief outpoured since Diana was killed in Paris last weekend has surpassed all expectations. We all, it seems, felt a kinship with the beautiful young woman who refused to assume the airs of the monarchy, who used her stature for a host of humanitarian causes.

In Marion, one family's members feel especially close to Diana and the tragedy that continues to stun all of Britain. A branch of the Copenhaver clan knew Diana not as Lady or as Princess, but

... she told them she needed to be off for a day. It was the first day she asked to be off. ... she was to be presented to the Queen of England, because she was marrying Prince Charles.

before she rose to the summit of aristocracy. Roberta Copenhaver of Marion, a genealogist intimately familiar with the family tree, spoke of the family's connection to Diana Wednesday.

Curtis Baylor grew up in Marion, in the John S. Copenhaver house on the corner of Park and Cherry streets. His mother was a Copenhaver. He was a proud grandfather-to-be when he attended homecoming at Emory & Henry College 18 or 19 years ago.

Patrick was soon born to Baylor's daughter and husband, Mary and Pat Robertson. Pat was an employee with Exxon Corp. in New York. When the baby was nine months old, Pat was asked to transfer to Exxon's offices in London for a year. Mary's employer, Guaranty Trust Co., asked her to work for it in London. Mary agreed on the condition the company find a suitable person to take care of the baby while Mary worked three days per week.

The company brought them together with a very attractive young woman, 18 or 19. The Robertsons were pleased with her; she did her job to their complete satisfaction. But after several months she told them she needed to be off for a day. It was the first day she asked to be off.

As Roberta Copenhaver remembers it, she didn't tell them the reason she needed the day off, but before the day came, she told them the reason: she

The Robertsons have returned to London. There they are paying their last respects to their nanny, whose caring nature, that so impressed them almost two decades ago, came to endear her to millions.

was to be presented to the Queen of England, because she was marrying Prince Charles.

The Robertsons thought that would be the end of their happy association with their nanny. She returned the next day and stayed with the family until they moved back to the U.S. She even helped them pack, Copenhaver said.

They were invited to, and did attend, the royal wedding and reception.

The Robertsons have returned to London. There they are paying their last respects to their nanny, whose caring nature, that so impressed them almost two decades ago, came to endear her to millions.

The Copenhaver connection to Diana, Princess of Wales, is remote, for it crosses four generations. But, "if you know Copenhavers, you know we're all connected," Roberta Copenhaver said. "The relationships are fairly distant, but the friendships are very close."

And today, we all feel close to Diana, and Harry and William, connected in her death as we return something of the caring she gave so freely in her life. □

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